

Eating Well

Supporting informed decisions about food, nutrition and individual needs.



Microboards
Australia

Food affects how the body and mind work every day



Energy for moving



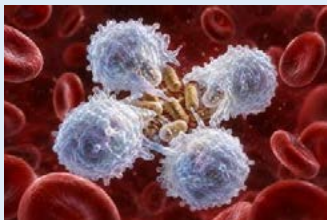
Energy for thinking



Mood



Sleep



Immunity



Digestion



Nervous system



Bones and teeth

What people eat has a huge impact on their health

Food is important for our long-term health

Poor nutrition can lead to diabetes, heart disease, and other serious conditions:

- 35 – 40% of adults with intellectual disability are overweight or obese
- Obesity is often linked to medications and limited food choices
- Obesity can increase already high risks for people with ID for reflux, constipation, type 2 diabetes and sleep apnoea
- Obesity also impacts quality of life by reducing stamina and making walking, transferring or other movements more difficult or painful.

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Food is important for our long-term health

Poor nutrition can also lead people to being underweight, with risks of:

- Reduced strength, weaker bones, which can make them more likely to have falls or fractures
- Poor immunity, making them more susceptible to viruses and infections
- Constipation

Some people may not get the right amount of foods because of difficulties eating and food sensitivities. Some medications can also cause loss of appetite and nausea.

Why focus on how to plan for healthy eating for people with complex needs?

- fewer chances to learn about nutrition
- depend on others for food access and support



Eating for pleasure and comfort

- Looking forward to food
- Soothing and self-regulation
- Relationships and connection
- Routines and daily patterns
- Difficult experiences or feelings



Understand needs and remove barriers



Learning, health & sensory needs

Use accessible information.
Know of dietary needs like unsafe textures



Know what support people need

Support may be needed to plan,
buy, prepare and eat food.

Planning to eat well is challenging for many people. When people have complex needs it is especially important to understand:

- The impact food has on quality of life and health
- Why people might have had fewer chances to learn about nutrition
- The role food plays in peoples' lives
- Health, learning and sensory needs
- Barriers and support needs

