POSTER ABSTRACT

Clinical findings on Body Mass Index in an Intellectual Disability Population and the effect of a healthy lifestyle intervention clinic

17th International Conference on Integrated Care, Dublin, 08-10 May 2017

Patricia Josephine Boylan¹, Donal O'Shea², Connor Woods³, Brendan McCormack¹

¹: Cheeverstown House, Ireland; ²: St Vincent’s Elm Park, Ireland; ³: Nass General Hospital, Ireland

Background: Persons with intellectual disability (ID) are supposedly pre-disposed to weight gain and obesity. Factors such as medication, distress and metabolic diseases are blamed for their weight excess. Persons with ID may not be allowed to make independent decisions about their calorie intake and food choice. Data on weight status and weight loss interventions in persons with intellectual disability (ID) is scarce. We sought to ascertain the prevalence of obesity in an ID population and the impact of a ‘healthy lifestyle’ clinic

Methods / Intervention: We reviewed data on 149 adults (women=69) attending an ID service. Prospective data was available on 23 adults (women=22, baseline BMI=39.1±7.5kgs/m²) of which 17 had a Mental Health diagnosis. These persons attended a weekly ‘healthy lifestyle’ clinic where diet & lifestyle advice was available and re-enforced at this review with the person and staff involved in food preparation.

Bi-annually, visits included food & exercise diary analysis, weight measurement, rationalisation of psychotropic/epileptic drugs by Psychiatry/Neurology and biochemical testing for diabetes & thyroid dysfunction.

Results: At Baseline 9.4% (n = 14) were underweight (BMI<18), 25.5% (n = 38) were normal weight (BMI = 18-25), 25.5% (n = 38) were overweight (BMI = 25 - 30) and the remaining 39.6% (n = 59) were obese (BMI > 30).

Women had a significantly higher BMI compared to men (29.7±7.8 vs. 26.1±7.3kg/m², p=0.004).

Conclusions: In this adult ID cohort:

Prevalence of obesity is similar compared to the general public.

Women with DS had a significantly higher BMI then women with ID only.
Reviews by the MHID team and the rationalising of medication assisted with the positive outcomes for the 17 persons identified with mental health out of the 23 adults who’s prospective data available.

Diet & Lifestyle interventions and medication rationalisation were successful in producing sustained weight loss.

**Keywords:** intellectual disability; obesity; access to generic-services; metabolic syndrome; research