

HOW TO ADVOCATE HEALTHY HABITS

for Patients with Intellectual and Developmental Disabilities

Here are some ways to advocate healthy habits for children with intellectual and developmental disabilities (I/DD) in the health care setting.

Each bolded item represents a handout in this toolkit!

Use the Let's Go! Health Care strategies with all pediatric patients, including those with I/DD:

- Connect to the community and Let's Go! community efforts.
- Assess a patient's height and weight, and measure BMI for children age 2 and older.
- Talk respectfully with patients about healthy eating, active living, and weight.
- Review **Tips for Communicating with Children with I/DD***

For more information, check out the Let's Go! Health Care Toolkit: www.letsgo.org/toolkits/hc-toolkits/

Understand the additional challenges children with I/DD face with regard to eating healthy foods, being physically active, and accessing health care:

- **Healthy Habit Challenges for Children with I/DD***
- **Healthy Habit Challenges for Children with Specific Disabilities***
- **Health Care Challenges for Children with I/DD***

Become familiar with services, legal requirements, and the special education process for children with I/DD:

- **Let's Go! Definitions for Children with I/DD***
- **Services for Children with I/DD***
- **Use Education and Service Plans to Support Healthy Habit Goals for Children with I/DD***
- **Use Transition Plans to Support Healthy Habits for Teens and Young Adults with I/DD***
- **Legal Requirements for Including Children with I/DD in Physical Activity** (in the 'Physical Activity' tab)

Collaborate with a child's support team using these handouts:

- **Recommend Healthy Habit Goals for Education and Service Plans for Patients with I/DD**
- **Health Care Provider Statement Recommending Healthy Habit Goals**
- **Sample Health Care Provider Statement Recommending Healthy Habit Goals**
- **Make Referrals for Services to Support Healthy Habits for Patients with I/DD**
- **Coordinate Services to Support Healthy Outcomes for Children with I/DD***

*These tools can be found in the 'Getting Started' tab of this toolkit.