

A Weight Loss Program for Individuals with Intellectual or Developmental Disabilities

Staff employed by the University of Kansas has received a grant from the National Institutes of Health to promote weight loss in persons with intellectual or developmental disabilities. This unique program provides the following:

- Free individualized training on one of two proven diet plans
- A simple program of exercise
- Monthly follow along counseling while on the diet
- Visual aids that indicate whether the dieter is following the diet and likely meeting the calorie range for weight loss
- A simple method for recording foods and beverages consumed during the month
- Payment for keeping the record of food and beverages consumed

Participants must be at least 18 years of age, in the overweight or obese range, able to participate in a simple exercise program, and able to communicate to others about their preferences and the diet assigned.

For more information, please contact Richard Saunders at rrsaun@ku.edu or 913-579-6043 during work hours.

