

# Welcome

Welcome to Jump Into Foods and Fitness, an exercise and nutrition program for youth with developmental disabilities (JIFF YDD). The overall goal of this project is ***“to reduce health risks and improve the nutrition and physical activity levels of youth and young adults with developmental disabilities through improved knowledge, choice making and goal setting.”*** We hope you will find this curriculum adaptation guide useful as you plan for and teach the JIFF exercise and nutrition program.

This second edition of the JIFF Curriculum Adaptation Guide presents the results of an 18-month grant project. The University of Missouri-Kansas City Institute for Human Development, in partnership with Missouri Extension, received a grant from the Health Care Foundation of Greater Kansas City to adapt the Jump Into Food and Fitness (JIFF) program for use by youth with developmental disabilities. The resulting guide was offered to individuals with developmental disabilities at eleven host sites. Based on their experiences and suggestions, the second edition is new and improved, with even more ideas for how to adapt the Jump Into Foods and Fitness curriculum.

## Why JIFF YDD?

Due to the lack of information about healthy lifestyles and barriers to healthy eating and physical activity, individuals with developmental disabilities have higher levels of obesity and lower levels of physical fitness than their peers. These factors lead to higher rates of illness, secondary health conditions, and a diminished quality of life. Jump Into Foods and Fitness Nutrition and Exercise Programming for Youth with Developmental Disabilities (JIFF YDD) is designed to address the following needs experienced by people with developmental disabilities related to the area of health and fitness through early intervention:

- Reduce the health disparities and secondary health conditions.
- Improve access to nutrition and fitness education and programming.

In a 2005 report the American Association on Health and Disabilities stated, “There has been more focus on health disparities due to race and class than on those due to disability. But according to the Centers for Disease Control and Prevention, current data suggest that health disparities between people with and without disabilities are as pervasive as those recognized between ethnic minority groups.” In 2006 the CDC released a report on health and disability that highlighted the disparity between Missourians with and without disabilities. It showed that people with disabilities have a higher predisposition for obesity, and physical inactivity. The

study found that while 12% of the population is prone to physical inactivity that figure doubles to 24% for people with disabilities. Regarding obesity, 21% of the population was prone to obesity compared with 31% for people with disabilities.

Children and adolescents with developmental disabilities are also at a higher risk for obesity and the potential secondary mental and physical health conditions. These include spina bifida, cerebral palsy, Prader-Willi syndrome, Down syndrome, muscular dystrophy, brain injury, visual impairments, learning disabilities, attention deficit hyperactivity disorder, autism spectrum disorders and mobility-related disabilities. Because of this identified risk of secondary conditions, a revised goal was added to Healthy People 2010 that aims to “promote the health of people with disabilities, prevent secondary conditions and eliminate disparities between people with and without disabilities in the U.S. population.”

Basic nutrition textbook information is often too generic for youth with physical or cognitive disabilities. This JIFF YDD guide makes available materials for youth with mobility impairments and is at a reading level appropriate for youth with cognitive impairments. The resources and worksheets associated with each section will also be available online for educators to increase font size depending on the needs of their students.

JIFF YDD is working to address the needs of young people with developmental disabilities by providing access to nutrition and exercise instruction. Through materials such as the second edition Curriculum Adaptation Guide, the Institute for Human Development aspires to help reduce disparities by providing access to nutrition and fitness education. We hope this second edition JIFF Curriculum Adaptation Guide is useful to you in your important work to improve nutrition knowledge and physical activity levels of youth and young adults.

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