



PREVENTION & WELLNESS HEALTHY DIET

California Department of Developmental Services



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A healthy lifestyle involves making choices that improve health. This means thinking about how to be healthy in all areas of life, including food, exercise, sleep, and handling stress. It also means being proactive, like visiting the doctor and dentist. It is important to make healthy choices in all these areas of life and understand how they may prevent or reduce serious health problems.

Source: [Health Affairs](#)

Helpful Tips to a Healthy Diet

Create nutritious and balanced meals that incorporate vegetables, whole grains, fruits, healthy proteins, and healthy oils.

The [healthy eating plate](#) can help plan and prepare healthy meals. A nutritious diet includes fresh fruits and vegetables, and foods lower in saturated fats.

Provide access to healthy food options.

- Have fruit or cut vegetables out or in the refrigerator and offer these first when asked for a snack.

- Provide a serving of fruit or vegetables at every meal.

Whenever possible, include the individuals that you serve in choosing what foods they eat and helping prepare their own meals.

- These are good opportunities to talk about healthy eating.

When preparing and serving, consider the individual's ability to chew or swallow.

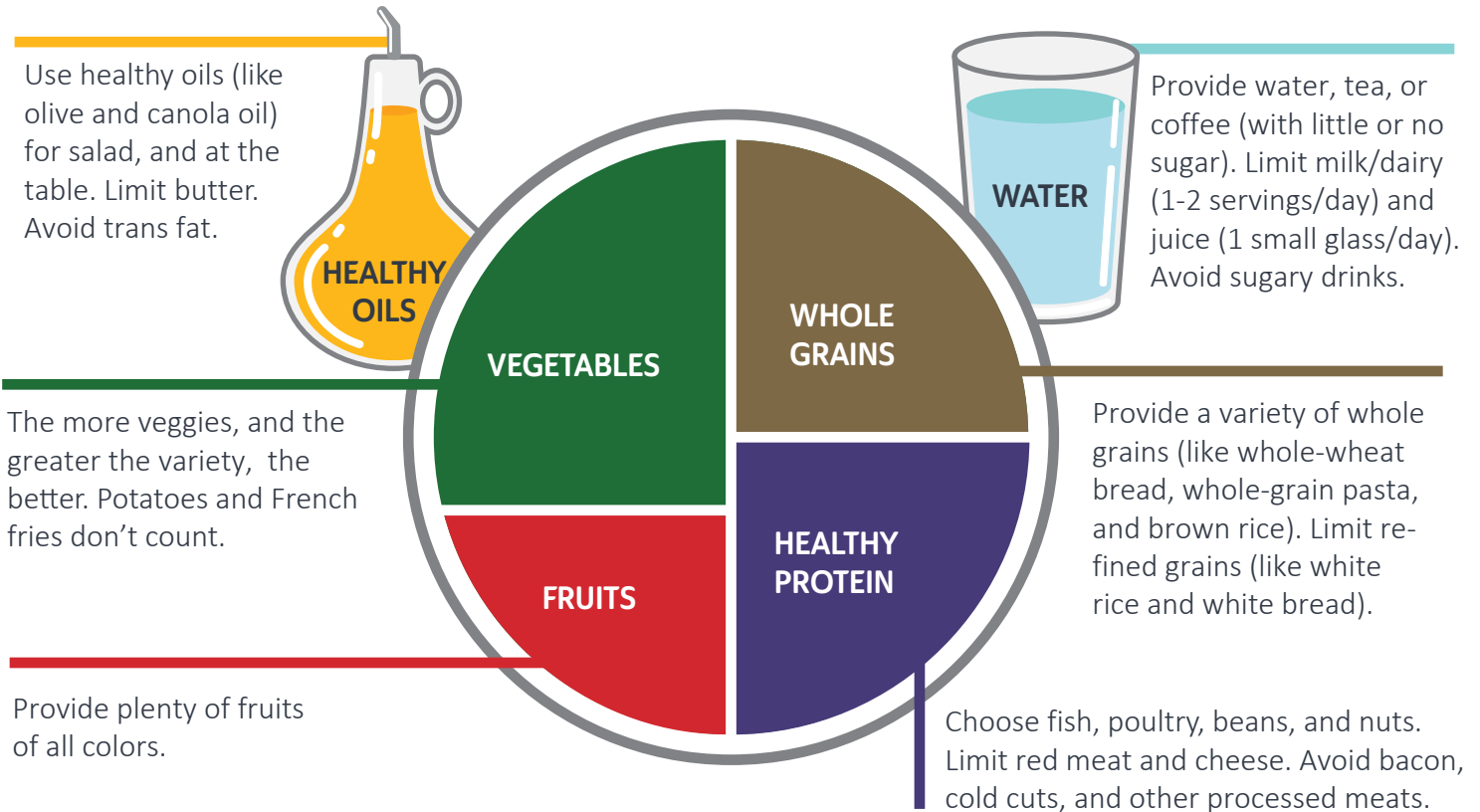
- For individuals at risk of choking, cut food into smaller pieces and do not leave food within reach unattended.

Make sure the individuals you serve are [staying hydrated](#) and drinking enough water.



Wellness and Safety Bulletins are produced by the Department of Developmental Services to remind direct service providers, regional center staff, and others about specific wellness activities identified with our community. Please provide feedback on this bulletin and what we can do better through this survey: [Bulletin Survey](#)

Healthy Eating Plate



Source: [The Council on Quality and Leadership](#); & [Harvard T.H. Chan School of Public Health](#)



Statistics

According to the most recent NCI survey of California adults with intellectual and/or developmental disabilities:



28% ARE CONSIDERED OVERWEIGHT AND **33%** ARE CONSIDERED OBESE, BASED ON BODY MASS INDEX (BMI).



70% OF ADULTS INTERVIEWED REPORTED NOT PARTICIPATING IN ANY REGULAR PHYSICAL ACTIVITY OR EXERCISE.

Source: CA National Core Indicator Survey data [FY 2020-21](#)

Additional Resources

[Understand how Disability Impacts California](#)

To Download PDF: [CA Disability and Health State Profile FINAL \(cdc.gov\)](#)

[Health Care for Adults with Intellectual and Developmental Disabilities](#)

[Healthy Eating Plate | The Nutrition Source | Harvard T.H. Chan School of Public Health](#)



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