



UNDERSTANDING BEHAVIORS AND ENVIRONMENT



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Intellectual and Developmental Disabilities (IDD)

- Mental health
- Behaviors
- Screening
- Environmental Factors

Prevalence of Intellectual and Developmental Disabilities (IDD)

- 1 in 6 children in the U.S.
 - *Centers for Disease Control and Prevention (CDC) 2015*
- Increase in prevalence from late 1990s to 2010s, (+17%)
 - *Autism increased 289%*
 - *Attention Deficit Hyperactivity Disorder (ADHD) increased 33%*

Co-occurring Health Problems

- Osteoporosis
- Diabetes
- Obesity



Mental Health

- About 40% of individuals with IDD have co-occurring mental health issues
- Range of mental health conditions
 - *Behavior Problems*

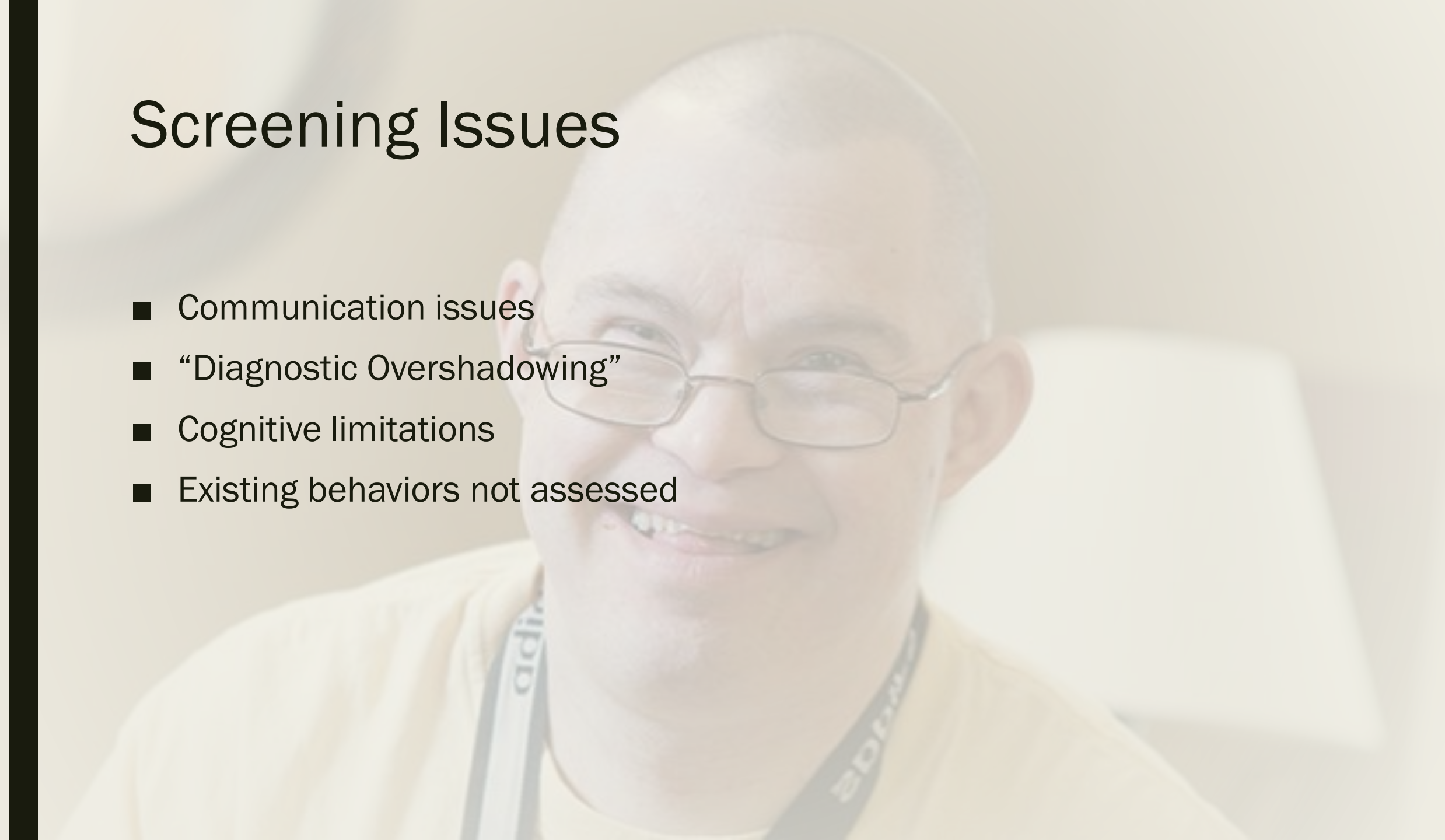


Mental Health

- Often underdiagnosed or misdiagnosed
- Misunderstanding of signs and symptoms

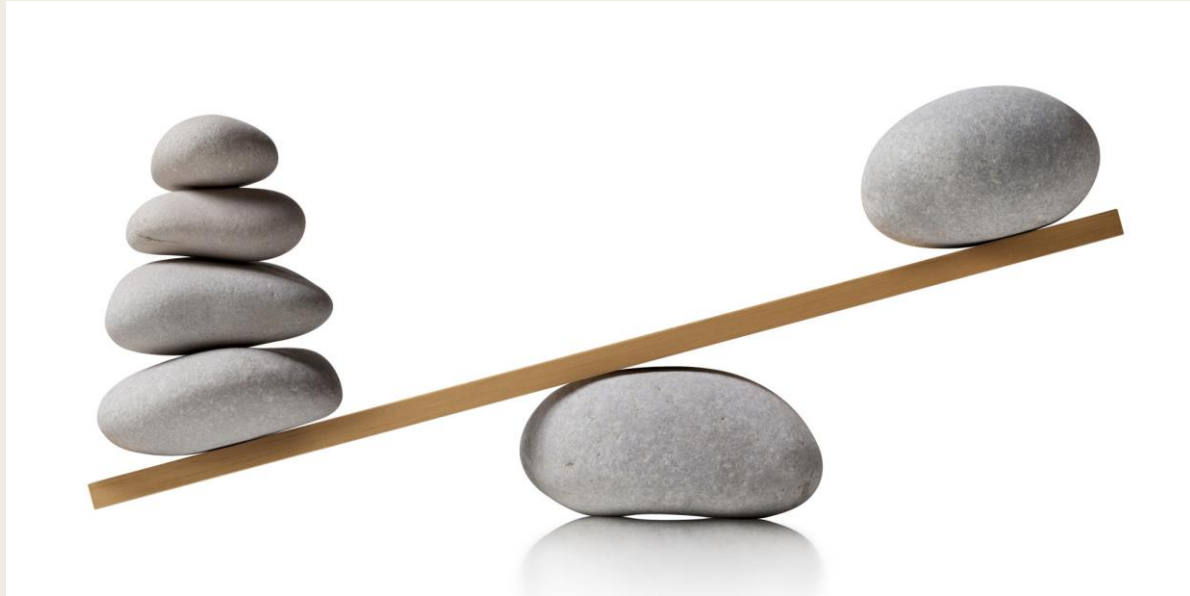
Screening Issues

- Communication issues
- “Diagnostic Overshadowing”
- Cognitive limitations
- Existing behaviors not assessed



BEHAVIORS
CAN BE
SIGNALS





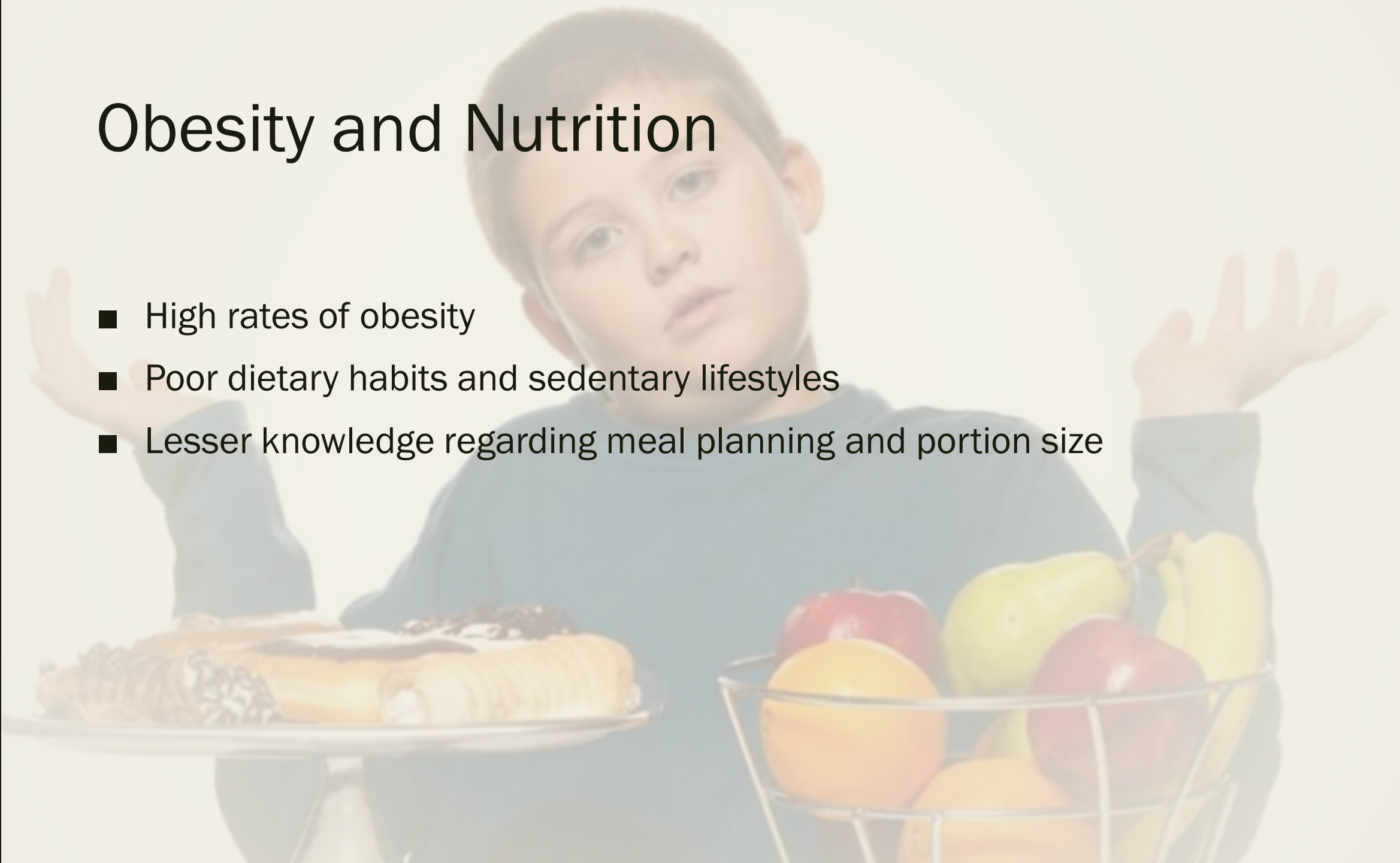
BALANCING CHALLENGES AND SUPPORTS



ENVIRONMENTAL
FACTORS IMPACTING
MENTAL HEALTH

Obesity and Nutrition

- High rates of obesity
- Poor dietary habits and sedentary lifestyles
- Lesser knowledge regarding meal planning and portion size





Physical Activity and Exercise

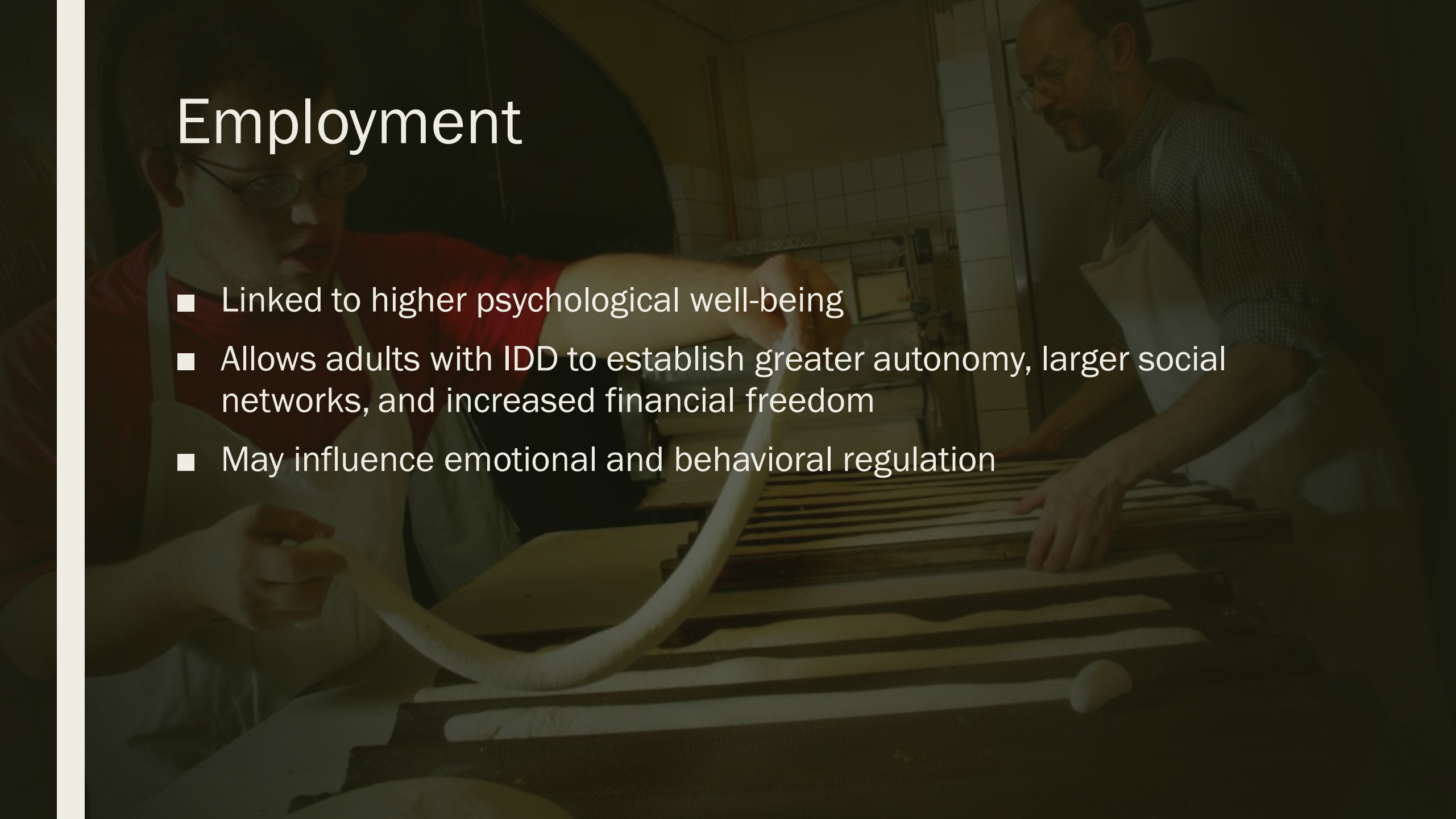
- Recommended guidelines: 150 minutes per week of moderately-active physical activity
- Only 17-33% of adults with IDD meet suggested levels of physical activity

Leisure Activity

- Pleasurable activities that occur during free time, outside of work and other life responsibilities
- Related to lower levels of stress and higher quality of life



Employment

The background image shows two men in a kitchen-like environment. The man on the left is wearing a red shirt and glasses, and is focused on shaping a long, thin, white strip of dough or material. The man on the right is wearing a white shirt and glasses, and is also working with similar strips on a table. The scene is dimly lit, with the primary light source coming from the left, creating a focused and professional atmosphere.

- Linked to higher psychological well-being
- Allows adults with IDD to establish greater autonomy, larger social networks, and increased financial freedom
- May influence emotional and behavioral regulation

Environmental Barriers

- Inaccessibility of physical environment
- Stigma
- Communication
- Transportation

