

Physical Activity and Nutrition Health Promotion Interventions for Adults with Developmental Disabilities: Translating Research to Practice in the Community

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The presentation will present the latest research on evidence based practices in health promotion for adults with developmental disabilities. It will focus on the following: 1) specific physical activity, nutrition and health education programs targeting this population, 2) methods for increasing adherence and buy in by community organizations, and 3) ways to scale up interventions to impact a large number of community based agencies and the people with disabilities they serve.