

# The Recipe for Health: How to Nourish Your Mind, Body, & Soul

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Advocate  
Medical  
Group

Adult Down  
Syndrome Center  
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# Resource Library





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I'm looking for...  MENU


## Resource Library | All Resources





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<https://adsresources.advocatehealth.com/>

# Please note:

- This presentation is intended for families, caregivers, health care professionals, and service providers of individuals with Down syndrome.
- The information in this presentation is provided for educational purposes only and is not intended to serve as a substitute for a medical, psychiatric, mental health, or behavioral evaluation, diagnosis, or treatment plan by a qualified professional.
- We recommend that you bring specific questions about an individual with Down syndrome to their medical and/or therapy providers.



**Brian Chicoine, MD**

# Health

## World Health Organization (WHO) Definition of Health

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being.”

# How do you promote health?



# Recipe for health

## Ingredients

- Nutritious food
- Physical activity
- Sleep
- Stress management
- Meaningful activities and social connections
- Social skills





# Poll

- **Which ingredient are you most interested in hearing about?**
  1. Nutritious food
  2. Physical activity
  3. Sleep
  4. Stress management
  5. Meaningful activities and social connections
  6. Social skills



# Poll Responses

- **Which ingredient are you most interested in hearing about?**
  1. Nutritious food – **14%**
  2. Physical activity – **22%**
  3. Sleep – **17%**
  4. Stress management – **17%**
  5. Meaningful activities and social connections – **19%**
  6. Social skills – **11%**

# Recipe for health

## Why a recipe?

- Can be adjusted based on one's needs and preferences
- Ingredients complement each other
- Ingredients can also overpower each other



# Promoting participation

- Make it fun!
- Start small
- Reward system/charts
- Involve others
- Benefits – focus on what matters to them

 **Nutritious food** 



# Poll

- **My biggest concern about nutrition for my loved one with Down syndrome is he/she...**
  1. Will not eat a variety of foods
  2. Is overweight/obese
  3. Has specific dietary needs (e.g., eating gluten-free)
  4. Other
  5. No concerns



# Poll Responses

- **My biggest concern about nutrition for my loved one with Down syndrome is he/she...**
  1. Will not eat a variety of foods – **15%**
  2. Is overweight/obese – **57%**
  3. Has specific dietary needs (e.g., eating gluten-free) – **10%**
  4. Other – **9%**
  5. No concerns – **9%**



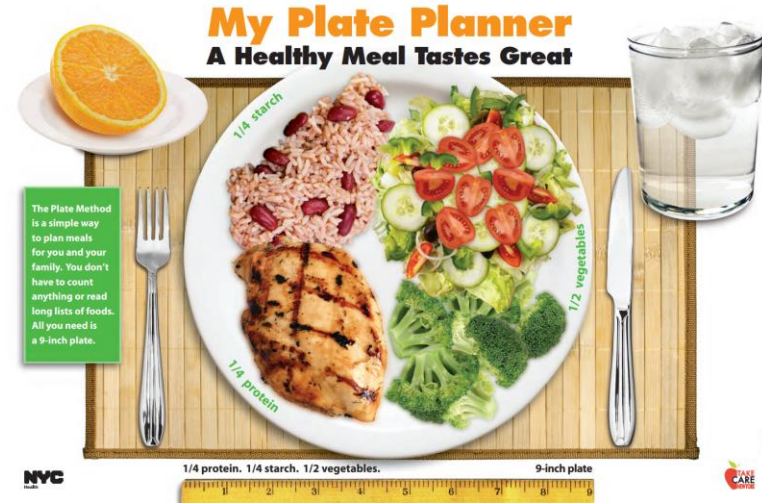
# Nutritious food

- Fuel
- Healthy weight
  - 27.3% of adults with Down syndrome had BMI in the "overweight" range
  - 53.8% of adults with Down syndrome had BMI in the "obesity" range
- Mental health benefits
- Prevention of other health conditions



# Nutritious food

- Best diet?
  - Many ways to have a healthy diet
  - Alzheimer's disease
    - DASH
    - Mediterranean
    - MIND (combines Mediterranean and DASH)



[NYC Health](#)





# Nutritious food

- Reduce consumption of processed foods
- Add vegetables to meals
  - Pasta, soup, sauces, eggs
- Make food swaps
  - Grilled instead of fried
  - Cauliflower pizza crust or cauliflower rice
  - Zucchini noodles



**Tips for Eating Healthy Meals**



**Eat fruits and vegetables with every meal.**

Starting your meal with a salad is a good way to do this. 



Or fill half your plate with fruits and vegetables. 

**Eat whole grains.**

Eat wheat bread instead of white bread.  

Eat brown rice instead of white rice.  

**Choose grilled food instead of fried food.**

Eat grilled chicken or fish instead of fried or crispy chicken or fish.  

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## Tips for Eating Healthy Meals





# Nutritious food


- Drink more water
- Limit pop/soda
- Flavor water with fruit
- Try seltzer or sparkling water

**STAYING HYDRATED**




Drinking water is important!

It is good for your skin. 


It is good for your teeth. 

It helps you go to the bathroom regularly. 


It helps you do your best at home, school, work, and other places!


Each day you should drink...


2 large water bottles 

OR


4 regular water bottles 

OR

8 cups of water 

 Drinking water helps you stay healthy!

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## Tips for Staying Hydrated

# Nutritious food

- Involve the person in planning meals and shopping for/preparing foods
- Label foods
- Use apps and visuals
- Use portion control products (plates, containers, measuring cups, etc.)
- Discuss which parts of the meal to have seconds of (e.g., fruits or vegetables)

**Guide to Healthy Eating**

<b>Eat Everyday</b>	<p><b>Everyday</b></p> <ul style="list-style-type: none"> <li>• Lots of vitamins and nutrients</li> <li>• Many are <b>NATURAL</b> gluten free</li> <li>• <b>EXAMPLES:</b> fruits, vegetables, grilled chicken, fish, whole grains</li> </ul>	
<b>Eat Sometimes</b>	<p><b>Sometimes</b></p> <ul style="list-style-type: none"> <li>• More sugar, salt, and fat</li> <li>• Fewer vitamins and nutrients</li> <li>• Decide with your family or caregiver how often it's "sometimes"</li> <li>• <b>EXAMPLES:</b> crackers, pretzels, oatmeal cookies, buttered popcorn, baked chips</li> </ul>	
<b>Eat on Special Occasions</b>	<p><b>Special Occasions</b></p> <ul style="list-style-type: none"> <li>• A lot of sugar, salt, and fat</li> <li>• Very few vitamins and nutrients</li> <li>• Decide with your family or caregiver how often it's a "special occasion"</li> <li>• <b>EXAMPLES:</b> candy/pep, donuts, candy, fried foods, fried chips</li> </ul>	

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## Guide to Healthy Eating



**Go! Eat daily**

<b>Whole grains</b>	<b>Fruits &amp; vegetables</b>	<b>Healthy proteins</b>	<b>Milk, cheese, &amp; yogurt</b>

**GO**

**Slow! Enjoy in small amounts once or twice a week**

<b>Refined grains</b>	<b>Lean, ground meats</b>	<b>Low-sugar cookies, cakes</b>	<b>Jelly, mayo, honey</b>

**SLOW**

**Whoa! Eat small amounts less often or rarely**

<b>Dessert, donuts, candy</b>	<b>Fried foods</b>	<b>Soda &amp; sports/energy drinks</b>	<b>Processed meat</b>

**WHOA**

## The Traffic Light Eating Plan



# Physical activity





# Poll

- **My biggest concern about physical activity/exercise for my loved one with Down syndrome is he/she...**
  1. Does not want to exercise
  2. Does not exercise enough
  3. Lacks access to fitness opportunities
  4. Other
  5. No concerns



# Poll Responses

- **My biggest concern about physical activity/exercise for my loved one with Down syndrome is he/she...**
  1. Does not want to exercise – **26%**
  2. Does not exercise enough – **40%**
  3. Lacks access to fitness opportunities – **6%**
  4. Other – **4%**
  5. No concerns – **24%**



# Physical activity

- Cognitive function and memory
- Healthy weight
- Mental health benefits
- Prevention of other health conditions



# Physical activity

- 30 minutes, 5 or more days per week
- Incorporate different types of exercise (e.g., cardio, strength, stretching, balance, etc.)



## [321go! Resources](#)



## [Seated Exercise Video](#)



# Physical activity

- Build it into the schedule/calendar
- Break it into shorter periods throughout the day
- Make it fun
  - Listen to music/watch TV
  - Be active with others
  - Turn it into a game

**Be active throughout the day!**  
Moving our bodies throughout the day can help us be healthy.

<b>Be active in the morning</b>	 Go for a walk.	 Do an exercise video.
<b>Be active in the afternoon</b>	 Dance break!	 Lift weights.
<b>Be active in the evening</b>	 Stretch/do yoga.	 Clean.

To be active throughout the day, I can...  
\_\_\_\_\_  
\_\_\_\_\_

[Be Active Throughout the Day](#)



# Sleep





# Poll

- **My biggest concern about sleep for my loved one with Down syndrome is he/she...**
  1. Has trouble falling asleep
  2. Wakes up frequently throughout the night
  3. Sleeps during the day and is awake at night
  4. Has difficulty with sleep apnea treatment
  5. Other
  6. No concerns



# Poll Responses

- **My biggest concern about sleep for my loved one with Down syndrome is he/she...**
  1. Has trouble falling asleep – **8%**
  2. Wakes up frequently throughout the night – **22%**
  3. Sleeps during the day and is awake at night – **5%**
  4. Has difficulty with sleep apnea treatment – **16%**
  5. Other – **18%**
  6. No concerns – **31%**



# Sleep

- Restorative
- Learning and creative problem solving
- Improves immune health
- Improves body's use of blood sugar
- Controls appetite
- Mental health benefits
- Alzheimer's disease

# Sleep



- 7-9 hours per night
- Sleep hygiene
  - Going to bed and waking up at about the same time each day
  - Setting up a good sleep space
    - No TV, tablet, or phone
  - Establishing a bedtime routine
    - Hygiene – brushing teeth, washing face, using the bathroom, etc.
    - Relaxation – reading, stretching, praying, drinking chamomile tea, etc.
  - Avoiding sugar, caffeine, and alcohol before bed



## Ways to Get Good Sleep



# Sleep

- Addressing sleep challenges
  - Sleep aids
    - Sound machine, ear plugs, sleep mask, night light, fan, etc.
  - Natural products
    - Melatonin, magnesium, valerian root, tryptophan
  - Medications
    - Sedatives, trazodone
  - Sleep apnea
    - Sleeping position
    - Weight loss
    - Positive airway pressure-CPAP, BiPAP
    - Hypoglossal nerve stimulator
    - Medications (for daytime sleepiness)



# Sleep

- Visuals

My Bedtime Routine

Time: \_\_\_\_\_

shower	wash face	brush teeth	
go to bathroom	wash hands	take medication	put on lotion
put on pajamas	choose clothes for the next day	eat a bedtime snack	

read	write in journal	put away tablet/phone	listen to music
set alarm	stretch	pray	take deep breaths
get in bed	put on CNP mask	turn off light	

## Create a Bedtime Routine Visual



# Sleep

- Set an alarm/calendar reminder for when it is time to start getting ready for bed
- Do not keep phones, tablets, or computers in bedroom
  - If that is not possible:
    - Turn off alerts (Do Not Disturb or Silent Mode)
    - Minimize the impact of blue light (Night Shift/Night Mode device settings)



# Stress management



# Stress management





# Poll

- **My biggest concern about stress for my loved one with Down syndrome is he/she...**
  1. Struggles with communicating when he/she is stressed
  2. Does not know healthy strategies for managing stress
  3. Knows healthy strategies for managing stress but has difficulty using them in the moment
  4. Other
  5. No concerns



# Poll Responses

- **My biggest concern about stress for my loved one with Down syndrome is he/she...**
  1. Struggles with communicating when he/she is stressed – **55%**
  2. Does not know healthy strategies for managing stress – **10%**
  3. Knows healthy strategies for managing stress but has difficulty using them in the moment – **20%**
  4. Other – **2%**
  5. No concerns – **13%**



# Stress management

- Empathy radar
- The “Pace”
- Mental health
  - Anxiety – 16.92% of people with Down syndrome
    - Obsessive-compulsive disorder – 43.44% of people with anxiety
  - Depression – 9.39% of people with Down syndrome
- Prevention of other health conditions



# Stress management

- Identify what stress feels like
- Identify emotions
- Identify “triggers” (causes of stress)
- Calming strategies
  - Counting to 10, taking deep breaths, walking away, coloring
- Coping strategies
  - Reframing thoughts, asking for help, “I” statements
- Prepare for life changes
  - Transition out of school, moving, staff changes



# Stress management

- Model
  - “I am very busy and feeling stressed. I’m going to take deep breaths to help me feel better.”
- Visuals
- Practice during times that are not stressful



## [How to Cope with Stress Resources](#)



# Meaningful activities & social connections





# Poll

- **My biggest concern about meaningful activities and social connections for my loved one with Down syndrome is he/she...**
  1. Is too busy!
  2. Lacks access to opportunities
  3. Does not want to participate in activities
  4. Other
  5. No concerns



# Poll

- **My biggest concern about meaningful activities and social connections for my loved one with Down syndrome is he/she...**
  1. Is too busy! – **8%**
  2. Lacks access to opportunities – **23%**
  3. Does not want to participate in activities – **34%**
  4. Other – **12%**
  5. No concerns – **23%**



# Meaningful activities & social connections

- Cognition and memory
- Maintaining skills, mental engagement
- Mental health benefits
  - Improve self-esteem
  - Prevent loneliness
- Alzheimer's disease

















# Meaningful activities & social connections

- Jobs (paid, volunteering)
- Hobbies
- Relationships
  - Adjusting to changes (e.g., siblings moving out, graduating from school, etc.)
  - Meeting new people and making friends as an adult
  - Romantic relationships
- Building community
  - Down syndrome organizations
  - Next Chapter Book Club
  - Theater program
  - Art program
  - Special Olympics
  - Special recreation associations
  - Best Buddies (Best Buddies Citizens, eBuddies)
  - Religious organizations



# Meaningful activities & social connections

- Prepare for changes in advance
  - Sibling going away to school
    - E.g., pick a time for a weekly phone call, put visits on the calendar, include the person in college shopping trips, encourage the person to pick a photo of them with their sibling and print copies for both of them, video calls, etc.
- Support changing interests
- Use calendars and other visuals

WEEKLY PLANNER	
<b>Monday</b>  	<b>Tuesday</b>  
<b>Wednesday</b>  	<b>Thursday</b>  
<b>Friday</b>  	<b>Saturday</b>  
<b>Sunday</b>  	<b>Notes:</b> _____ _____ _____



# Social skills





# Poll

- **My biggest concern about social skills for my loved one with Down syndrome is...**
  1. Communication skills
  2. Understanding boundaries
  3. Managing conflict
  4. Social media
  5. Other
  6. No concerns



# Poll Responses

- **My biggest concern about social skills for my loved one with Down syndrome is...**
  1. Communication skills – **42%**
  2. Understanding boundaries – **21%**
  3. Managing conflict – **17%**
  4. Social media – **8%**
  5. Other – **6%**
  6. No concerns – **6%**



# Social skills

- Essential for successful relationships and community involvement
- Learned skills
  - Rules are not always clear, and they are often unwritten.
  - Rules do not apply to all situations.
  - Social competency requires abstract thinking.
- Lack of appropriate social skills may lead to...
  - Embarrassment
  - Disagreements
  - Being reprimanded at work or school
  - Losing a job or friend



# Social skills

- Communication
  - How to have conversations, appropriate conversation topics, asking for help, etc.
- Boundaries
- Public vs. private
- Flexibility
- Problem solving
- Conflict management
- Compromise
- Navigating social media

**Boundaries**

Boundaries are a line you do not cross without permission. There are three types:

**1. Personal Boundaries**

 Personal space and what type of touch you are comfortable with.	 You can hug members of your family. You can fist bump or high-five your friends.
---	---

**2. Social Boundaries**

 How much we talk, text, and hang out. What we talk about.	 You can silence your phone while at work or at bedtime. You can choose to make plans to see your friends.
--	--

**3. Environmental Boundaries**

 Respecting the spaces and property we interact with throughout the day.	 You should ask permission before taking something that is not yours or entering a space that is not yours. You should keep a shared space clean. You should return borrowed items in the same condition you received them.
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## Boundaries




# Social skills

- Ongoing learning and practice

## Friendships

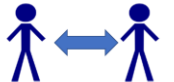
### One-Way

- You like a person and want to be friends, but they don't like you or want to be your friend.
- Someone wants to be your friend, but you do not want to be their friend.



### Two-Way

- You like a person and want to be friends and they want to be your friend, too!










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## One-Way and Two-Way Friendships

### My Rules for Conversation

- I will look at the person talking to me. 
- I will listen to what others are saying. 
- I will maintain good personal space. 
- I will speak in a loud and clear voice so others understand me. 
- I will wait my turn to speak. 
- I will stay on topic. 
- I will ask questions when I am confused. 

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## Conversations Rules


## COMPROMISE

**What does it mean?**


- **Not** always getting your way.
- Doing something that is **not** your idea.

**Compromise...**


- Requires flexible thinking.
- Is a skill that helps us develop & maintain healthy relationships.




Let's get burgers and see a movie!



Jacob







Let's get pizza and go bowling!



Cristina

### WHAT SHOULD JACOB & CRISTINA DO?

<p><b>Compromise 1</b></p> <p>Do one thing that they both want to do.</p>  <p>Jacob      Cristina</p>	<p><b>Compromise 2</b></p> <p>Do one of their choices this time and the other person's choice the other time.</p> <p>Time 1</p>  <p>Jacob</p> <p>Time 2</p>  <p>Cristina</p>	<p><b>Compromise 3</b></p> <p>Decide together to do something that is not either of their first choices.</p>  <p>Jacob AND Cristina</p>
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## Compromise

# Final thoughts

# Takeaways

- People with Down syndrome can be active participants in promoting their health.
- Everyone's "recipe for health" is unique.
- Make it fun! Start small.
- The recipe may change with age.
- Teaching and modeling

# Resources

# Resources



## Resource lists by topic

- [Common characteristics](#)
- [Community participation](#)
- [Exercise and physical activity](#)
- [Healthy lifestyle](#)
- [Mental health](#)
- [Nutrition and weight](#)
- [OT and sensory](#)
- [Social skills](#)

# Resources

## Videos



Physical Activity



Eating at Buffets



Eating Pace



Serving Sizes



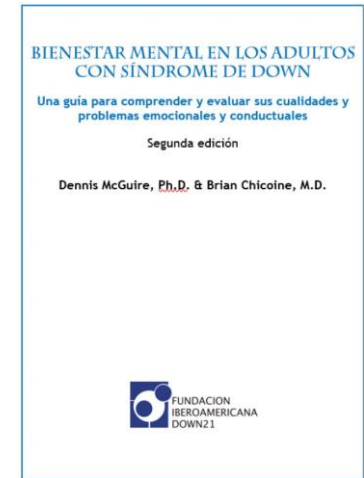
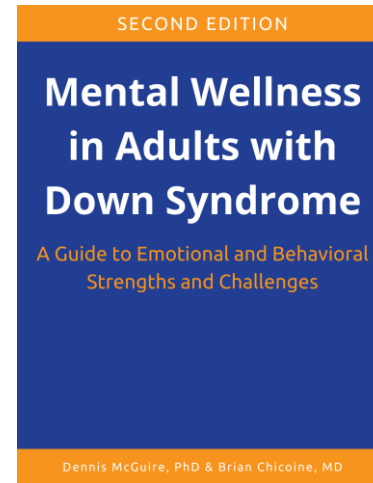
Food Groups



Using CPAP

# Resources for providers and families

- [Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges](#)
  - Available as a free PDF in English and Spanish



# Resources for providers

- [Down Syndrome Medical Interest Group](#) (DSMIG-USA)
  - Project ECHO
  - Webinars
  - Resources
  - Membership



**DSMIG-USA**  
Down Syndrome Medical Interest Group

**FREE RESOURCES**

**SHARE WITH YOUR HEALTH CARE PROVIDER**

- Down Syndrome Project ECHO is a monthly virtual meeting for health care providers to learn and seek input from expert providers.
- The DSMIG Speaker Series consists of webinars and enduring materials designed to share knowledge and experience related to the care of people with Down syndrome and clinical research related to Down syndrome.
- DSMIG vetted resources including articles and important guidelines related to child and adult health issues, and health utilization by people with Down syndrome.

find out more at:  
**DSMIG-USA.ORG**



# Resources based on Q&A

- At-Home Treatments for Common Health Conditions ([webinar recording](#))
- Behavior Changes ([webinar recording](#))
- Common and Uncommon Health Conditions ([webinar recording](#))
- Finding a Health Care Provider or Down Syndrome Clinic ([FAQ](#))
- The Groove ([webinar recording](#) and [article](#))
- Hypertension and Hypotension (High and Low Blood Pressure) ([article](#))
- Hypothyroidism and Hyperthyroidism ([article](#))
- Individualized Visual Schedules ([article](#))
- Menstruation (Period) Visuals ([links](#))
- Obsessional Slowness ([article](#))
- Reducing Risk of Getting Alzheimer's Disease ([article](#))
- Vitamins and Supplements ([article](#))
- Vitamin B12 Deficiency ([article](#))
- Weaning Off Psychotropic Medications ([article](#))
- Weight Management in Adults with Down Syndrome ([article](#))
- White Blood Cell Count ([article](#))
- Women's Health ([webinar recording](#))

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# Questions?

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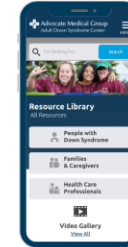
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## FREE HEALTH RESOURCES

*for people with Down syndrome, families and caregivers, and professionals*



### Resource Library



Find information on aging, puberty, mental health, self-talk, weight management, Alzheimer's disease, social skills, and more.

[adscresources.advocatehealth.com](https://adscresources.advocatehealth.com)

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[www.eepurl.com/c7uV1v](http://www.eepurl.com/c7uV1v)

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