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

- 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