

Health Advocacy Program

An
Activity-Based
Curriculum
for Adults with
Developmental
Disabilities

Acknowledgements.....	4
About the Authors	5
Introduction to the Health Advocacy Program.....	7
Lesson 1 Introduction.....	11
Lesson 2 Food Preferences	21
Lesson 3 Thinking About Eating Right	31
Lesson 4 Planning Healthy Meals	39
Lesson 5 Preparing a Healthy Meal.....	45
Lesson 6 Healthy Snacking.....	51
Lesson 7 Diabetes	59
Lesson 8 High Blood Pressure.....	69
Lesson 9 Heart Disease.....	77
Lesson 10 Fiber and GI Health	87
Lesson 11 Calcium and Bone Health.....	97
Lesson 12 Healthy Eating at Social Events	107
Lesson 13 Exercise.....	115
Lesson 14 Zeroing in on Stress	127
Lesson 15 Recognizing Depression	135
Lesson 16 Sexuality and Reproduction.....	143
Lesson 17 Self-Examinations and Health Screenings.....	157
Lesson 18 Relationships	165
Lesson 19 Taking Charge of Your Health	173
Lesson 20 Course Evaluation and Graduation Planning	181
Endnotes.....	190
Food Cards.....	193
Health and Well-Being Knowledge Test.....	231