



Food Security

A situation that exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an **active** and **healthy** life. Based on this definition **four food security dimensions** can be identified: **Food availability, economic and physical access to food, food utilization, and stability over time.** -- (WHO, 2019)

The Health of Canadians with Intellectual & Developmental Disabilities (IDD)



Higher Mortality Rates

Mortality rates for Canadians with IDD are **5x** higher than the general population. The majority of these deaths in the general population were due to **lifestyle factors.**



Higher Rates of Obesity

The global adult obesity rate is **33.9%** for adults with IDD examined by Special Olympics, compared to **12%** of the general population.

The Need for Health & Nutrition Programs

In order to bridge the health disparity gap seen in Canadians with IDD, would require several well-planned nutrition education programs that meet and support the social, cognitive, and physical abilities of persons with IDD. Effective nutritional programs will have a positive impact on assisting those with IDD and their families in making better food choices and encourage healthy eating and activity behaviours as a method to combatting and controlling the incidence of obesity and overweight (Subach, 2018).

The Action of Special Olympics British Columbia

To address the health disparities our athletes face, Special Olympics is leading a number of integrated and complementary efforts to strengthen the capacity of existing systems of care. Special Olympics is integrated into all Special Olympics sports, family, and youth programs, and also strengthens linkages with community care networks and other local partners who can support the health and wellbeing of Special Olympics athletes year-round. The goal of the Special Olympics Health program is to ensure inclusive health for people with IDD, meaning equitable access to quality care, education, and services throughout communities.

To see what SOBC's health offers, please visit www.specialolympics.ca/british-columbia/health