Intellectual Disabilities Lifestyle and Wellbeing Research

Impact and Knowledge Exchange strategy

Creating research partnerships with people and organisations is important to the work of researchers. If you would like us to come and meet with your group or organisation please email craig.melville@glasgow.ac.uk or telephone + (44) 141 211 3878

Public engagement and knowledge exchange are central to our research. We aim to provide robust evidence to influence policy and practices that will impact upon the health and wellbeing of people with intellectual disabilities and their families.

Public Engagement activities involve the public in our research
See: http://www.publicengagement.ac.uk/what

Knowledge exchange activities involve a two way communication with people and organisations who are interested in our findings.

Our key impact and communications objectives are:

- to influence policies and practices relevant to the health and wellbeing of individuals with intellectual disabilities
- organise regular public engagement events on physical activity and diet
- to develop a template for knowledge exchange videos to disseminate study findings
- maintain strong partnerships with our research stakeholders e.g. service user and carer groups, charities, schools, government, statutory health and social care organisations and provider organisations
- set up a webpage about the work of the IDLW research group at Glasgow University

The key messages to communicate are:

- People with intellectual disabilities should be empowered to make healthy lifestyle choices
- Children, young people and adults with intellectual disabilities are at increased risk of health problems and social exclusion associated with sedentary lifestyles and obesity.
- Social support and relationships can impact on lifestyle and wellbeing
- The structure of local communities and broader society have a powerful influence on the wellbeing of people with intellectual disabilities
- Research on lifestyle behaviours of people with intellectual disabilities is fundamental to health improvement and reducing inequalities
- There is a need to develop a robust evidence base around behaviour change interventions and services that can effectively meet the needs of individuals with ID.