WELPDO: a randomised controlled trial of a weight management intervention for adults with intellectual disabilities and obesity.

Individuals with intellectual disabilities experience health inequalities and poorer access to evidence based health care than the general population. Adults with intellectual disabilities are at increased risk of obesity but there is little evidence to inform weight management interventions in clinical services. A feasibility study found that TAKE 5 was acceptable to adults with intellectual disabilities, and carers, and reported significant positive changes in body weight, waist circumference and physical activity levels. This study is a randomised controlled trial to compare two weight management interventions. Individuals who consent to participate in this study will be randomly allocated to one of two groups. One group will take part in the TAKE 5 intervention and the other group will receive a healthy lifestyle intervention in use in NHS Greater Glasgow and Clyde. We will examine whether there is a change in participants’ body weight, physical activity and quality of life over a 12 month period. Participants will be involved in the study for approximately 12 months. A six month weight loss period, followed by a six month weight maintenance period in which we would like to follow up participants to see if any changes in their body weight and health have been maintained.

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