Overview

Chapter 8

Nutrition and Children with Disabilities

Introduction

A typical diet provides all nutritional needs for...

Children with developmental disabilities may have...

Medical nutrition therapy

1

2

3

Typical Growth During Childhood

Nutritional requirements for infants and children determined by what is needed for optimal growth and development

Growth indices include

1

2

3

4

5
Nutritional Guidelines

- National Academy of Sciences…
- Guidelines reflected in standard…
- Balanced diet based on these guidelines is for…
- Children with disabilities often need nutritional adjustments:
  1. 
  2. 
  3. 

Nutritional Issues in Children with Developmental Disabilities

Additional nutrition problems in children with development disabilities related to
1. Impaired oral motor skills
2. Medical problems
3. Food refusal

Diet must be targeted to…

Obesity and Undernutrition

*Obesity:* excessive energy intake compared to

Typically defined as BMI greater than…

Developmental disorders can affect assessment

*Undernutrition:* insufficient energy intake compared to…

More common in children with disabilities

Need for increased energy and…
Disabilities that Affect Stature/Limit Eating

Short-stature syndromes
1. 
2. 
Excess-growth syndromes
1. 
2. 
Limited eating
• Root causes of feeding disorder must be identified and...
  • Dyskinetic cerebal palsy—
  • Autism spectrum disorders—

Medical Nutrition Therapy

Goal: improve child’s health and nutritional status and…

Nutrition assessment
1. 
2. 
3. 

Care plan
1. 
2. 
3. 

Nutrition Support

Provides nutrients at high enough levels to meet…

Enteral feeding…

Parenteral feeding (into blood stream)

Nutritional supplements and formulas
1. 
2. 
3.
Special Nutritional Concerns in Children with Disabilities

**Therapeutic diets—**
- Constipation—
- Food allergies—
- Celiac disease—
- Dietary self-restriction—
- Issues specific to premature infants—

Nutrition within Complementary and Alternative Medical Care

One in 9 children use complementary and alternative medical care (CAM; National Center for Health Statistics, 2008), which includes nutritional therapies such as
1. 
2. 
3. 

Potential dangers of CAM:
1. 
2. 
3.

Summary

- Children with developmental disabilities experience nutritional disturbances more than typical children
- Dietary guidelines for Americans are not sufficient for these children
- Medical nutrition therapy (assessment and care plan) should be part of care for all children with developmental disabilities