

The Prev'Santé MEL association

and the “I Take Care of my Health with Food” program



Founded

2000
(formerly the Metropolitan Lille Diabetes and Obesity Network)

Mission

Prevention and overall care of patients with diabetes, cardiovascular disease and obesity

Scope

Metropolitan Lille

Goal

Improve patients' quality of life by proposing programs that emphasize prevention, education and project engineering

The “I Take Care of my Health with Food” program

What?

The PREV'SANTE MEL association wants to adapt its therapeutic education programs and make them available to people with intellectual disabilities and obesity. Food will be a key focus area through the implementation of educational workshops on balanced eating, pleasurable eating, the choice of food and following recipes.

How?

- By creating a multidisciplinary workgroup (the intellectually disabled, health professionals, medico-social workers, assistants) who will work together and share knowledge, practices and experience;
- By training healthcare professionals on the educational program and on the specificities of the intellectually disabled, in particular through the FALC method (Facile à Lire et à Comprendre, or Easy to Read and Understand);
- By organizing educational workshops that will be tested on a group of 30 patients and then made available to over 250 individuals in specialized establishments or at association sites.

Why?

The risk of obesity for individuals with an intellectual deficiency is higher than for that of the general population (double the prevalence). There are many causes (improper eating, sedentariness, medical treatments, etc.) and access to prevention and care is particularly complex for these patients.

This program will be evaluated using clinical and biological criteria. It will enable healthcare professionals to adapt their way of caring for patients, and the educational workshops on food will help patients modify their behavior and develop new skills.

Project Duration:

For 2 years

