



## Project Summary



Adults with learning disabilities are more likely to have an unhealthy lifestyle. This includes an unhealthy diet, smoking and not much physical activity.



An unhealthy lifestyle can cause serious health problems such as a heart attack, diabetes, or cancer.



Helping adults with learning disabilities to have a healthy lifestyle can make a person with learning disabilities healthier.



We want to know how to help people with learning disabilities to have a healthy lifestyle.



We want to know what works and how lifestyle change programmes can best help people with learning disabilities.



We will do this through a research project. It will try to understand why programmes work, how they work and why they work sometimes but not others.



We will use the findings to help support people with learning disabilities to live healthier lives.



**What will the steering group do?**



We will work with a group of people during the study called a **steering group**.



This group will include adults with learning disabilities, health professionals and researchers.



Every person in this group will have important skills and experiences in the lifestyles of adults with learning disabilities.



We will all meet every 6 months.



The steering group will give feedback on the study. The plans for the study will be talked about and how findings will help adults with learning disabilities.



The group will talk about how the findings will be shared. The group will make sure people with learning disabilities can understand and access the findings.



The group will talk about what should be looked at by future studies.



The steering group will make sure the study is relevant to the lives of adults with learning disabilities.