

## Easy Read

<p>This report presents the findings from the DAMSON project.</p>	
<p>The DAMSON project looked at healthy eating for people that are overweight or with metabolic syndrome.</p>	
<p>Metabolic syndrome is when someone is overweight and also has</p> <ul style="list-style-type: none"><li>• diabetes or</li><li>• high blood pressure or</li><li>• eats lots of the bad fats (known as saturated or trans-saturated fats).</li></ul>	
<p>Lots of people with learning disabilities have metabolic syndrome. They need support to eat well and live a healthy life.</p>	
<p>A video cookbook was developed, using healthy recipes.</p> <p>The cookbook can be found at <a href="https://canvas.kingston.ac.uk/courses/12067">https://canvas.kingston.ac.uk/courses/12067</a>.</p>	

Staff were trained in how to support people with learning disabilities who have metabolic syndrome.



They were told about the cookbook and given a free plate, bags, a timer and seeds to grow.



People with learning disabilities, agreed that we could measure their weight, height and blood pressure. They told us what they had been eating and what they felt about healthy eating.



After the training and resources:

- People's weight and eating mostly stayed the same.
- People with learning disabilities did eat more vegetables.
- People with learning disabilities' blood pressure was better.



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