

**High prevalence of overweight in intellectually deficient adults  
Relation to life style, physical activity, dietary habits and self esteem**

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**Introduction:** A study was designed to assess the prevalence of overweight and obesity among intellectually deficient (ID) adults in adapted French institutions, and to explore the association with demographic characteristics, lifestyle, food habits, physical activities and self-awareness about body and health.

**Methods:** Subjects were French ID adults hosted in specialised institutions. Interviewers collected data during face-to-face meetings, on the basis of a 99-item questionnaire. Weight and height were measured during the interview. Univariate analyses were performed in order to delineate characteristics of subjects at risk for overweight and obesity.

**Results:** Questionnaires from 570 ID adults were analysed. Mean age was 38.1 years. Overweight (BMI $\geq$ 25) affected 45.6% of subjects, including 17.2% of obese (BMI $\geq$ 30). Women (41% of the population), were dramatically more affected by obesity than men (28.2% and 9.5%, respectively;  $p < 0.0001$ ). Some behavioural habits were associated to a reduced incidence of overweight and/or obesity, such as regular sport practice outside the institution, good personal hygiene or alcohol avoidance. Overall, food habits were healthy, although about half of subjects used to have afternoon snacks, particularly among overweight people. The level of self-esteem assessed by self-rating scores was rather high, but significantly lower for overweight people. However, a large majority of respondents felt depressed or bored most of time.

**Conclusions:** ID adults attending specialised institutions present a high incidence of overweight and obesity, particularly women. Providing opportunities to practice sports regularly may be an efficient measure to both improve psychological status and reduce prevalence of obesity.

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