



Webinar Welcome!

Heart Health for People with Intellectual and Developmental Disabilities

Presented by Olu J. Motoni, MPH
Disability Community Coordinator | East Texas

August 1, 2025

Weekly Caregiver Education Webinar

To transform the region into an inclusive community where individuals with intellectual and developmental disabilities (IDD) thrive.



Intellectual and
Developmental
Disabilities Council
of Tarrant County



MONTHLY MEETINGS

1ST THURSDAY EACH MONTH 9-10:30 a.m.

3136 W. 4th Street, Fort Worth

Next meeting: Sept. 4

SUMMER WEBINAR SERIES

WEEKDAY VARIES 12-1:30 p.m.

TUESDAY, August 26, Sept. 4

MAKING CONNECTIONS RESOURCES FAIR

October 11 – Fort Worth

CAPEabilities CAREER EXPLORATION EXPO

February 5 – ESC 11

TRANSITION COMMITTEE MEETINGS

2ND FRIDAY EACH MONTH 9-10:30 a.m.

Location Varies

Sept. 12 - TCC Trinity River Campus

Oct. 10 – Location TBD

UPCOMING EVENTS

The Intellectual and Developmental Disabilities Council of Tarrant County

Caregiver Education Webinar Series Presents:

Healthy Habits for Picky Eaters

TUESDAY, AUGUST 26, 2025 📅 Noon — 1:30 pm

Are mealtimes a challenge? Join us for a practical, compassionate session designed for families and caregivers of children and adults with autism and developmental disabilities. You'll learn simple, actionable ways to help with picky eating, food sensitivities, habits — no fancy ingredients or expensive tools required. We'll also explore resources for individuals with autism and developmental disabilities — tips for focus, digestion, and energy — and easy ways to make those meals even healthier. Led by nutritionist and founder of Food Saved Me Institute, Katharine's presentation focuses on strategies that work for all families, including those on a budget. Leave with actionable tips for at-home picky eating, plus a free downloadable handbook. Let's make mealtime a little easier, one small step at a time.

Register at: <https://tinyurl.com/vncx6sd>

PRESENTED BY

Katharine Lawrence is a globally recognized nutrition educator and Board-Certified Allergist who dietary therapy to help manage her own children's autoimmune conditions. Dedicated to creating a community where parents can find accessible strategies, she founded the Food Saved Me Institute, where she trains instructors and provides support to special needs caregivers. She recently co-authored a book on nutrition for special needs children and teens, *Self-Healing Nutrition*, from forward food for wellness and natural health.

The Intellectual and Developmental Disabilities Council of Tarrant County

Caregiver Education Webinar Series Presents:

High Quality IEPs

SEPT 4, 2025 📅 12:00 pm — 1:30 pm

Join us as we explore the process of creating high quality IEPs in accordance with the IDEA requirements, considering the Supreme Court's decision in the *Andrew* case. We will emphasize the development of a high quality IEP tailored to each student's unique needs, the components of an effective IEP statement, and the creation of challenging, ambitious, and measurable goals. Additionally, we will discuss the significance of tracking a student's progress toward achieving their IEP goals and the school's responsibility to report this progress to parents.

Register at: <https://tinyurl.com/sn8x6d8z>

PRESENTED BY

Chelsy Bahal, is a Regional Coordinator for Tarrant County where 2000+ students are served. She speaks, has 10+ publications, and is a "Tarrant" published author. She has experience in children and youth with disabilities ages 0-26 as well as youth with disabilities ages 18-26. As the Region 10 Coordinator, she helps parents and caregivers understand their child's rights and responsibilities under IDEA, helps obtain and evaluate resources and services for their child, and provides information and resources to help parents and caregivers understand their child's rights and responsibilities under IDEA, helps obtain and evaluate resources and services for their child, and provides information and resources to help parents and caregivers understand their child's rights and responsibilities under IDEA.

The Intellectual and Developmental Disabilities Council of Tarrant County

MAKING CONNECTIONS CENTRAL TARRANT

DISABILITY RESOURCES FOR ALL AGES

The IDD Council is proud to partner with Fort Worth ISD to host "MAKING CONNECTIONS" CENTRAL TARRANT

one FOR WORTH ISD

SATURDAY, OCT. 11, 2025 • 9 a.m. – 1 p.m.

M.G. Ellis Elementary • 215 NE 14th St., Ft. Worth, 76164

Visit with organizations that provide services for the community!

Schedule and Breakout Session Details:
<https://www.iddcouncil.org/makingconnectionsfw>

Resources for:

- Medicaid Waivers/Social Security
- Guardianship/Supported Decision-Making
- Behavioral Health
- Transition & Employment Services
- College Programs
- Assistive & Adaptive Technology
- Special Needs Trusts / Wills
- Homelessness
- Assisted Living / Housing
- Financial Planning
- Recreation & Leisure
- Therapy & Camp Providers
- Respite/Day Habilitation
- and more!

Breakout Sessions **Resources & Exhibitors** **Kid's Workshop**

EXHIBITOR & SPONSOR REGISTRATION: <https://tinyurl.com/84h334f>

The IDD Council's Making Connections Disability Resource Fair brings together the disability resources in our community to one, easily accessible location for services and programs to collect information and learn about benefits and services each provides. Making Connections Disability Resource Fairs are held throughout the year in various Tarrant County locations.



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GRANT WRITER NEEDED

If you are an experienced grant writer, or if you know of one, please message us or email us.



Welcome

NEW/RENEWING MEMBERS

- **Individual Members:**

- Bryan Cotton
- Daniel Durany
- Cynthia Rodriguez
- Theresa Moffitt
- Heather Crawford
- Guiyuan Li
- Amber Luckey
- Mike Anderson
- Sandy Rodriguo
- Ranella Franklin
- Joseph Barbarito
- Tammi Creed
- Stephanie Stone
- Rene Aguilar
- Deborah Norris
- Richard Garrett
- Audra Resell

- **Premier Partners:**

- Cook Children's Medical Center
- Fort Worth ISD (Founding Partner)
- Tarrant County, the office of Judge Tim O'Hare (Founding Partner)

- **Sponsor Member:**

- Green Oaks Education and Support

- **Professional Member**

- Macy Davis, Equitable Advisors, LLC

Your Name/Organization Belongs Here

www.IDDCouncil.org/join-us

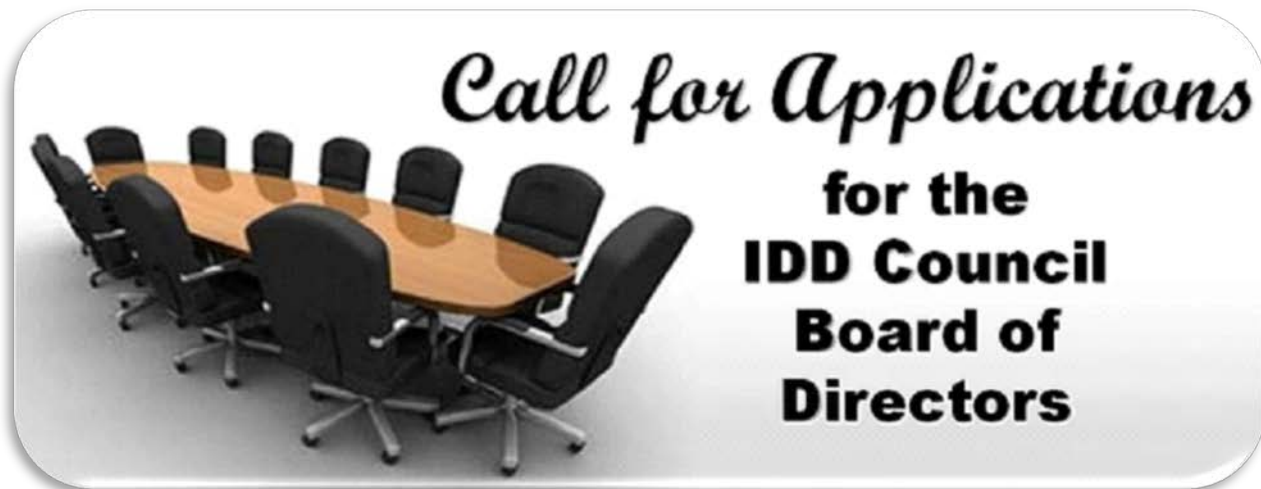


JOIN A COMMITTEE

- ❖ **COMMUNICATIONS & PROGRAMMING COMMITTEE:** Identifies and schedules topics of interest for Council events and helps create and distribute information important to members of the Council and community through written and electronic media. Meets hybrid as needed.
- ❖ **SPECIAL EVENTS COMMITTEE:** Calling all party planners, entertainers and creative thinkers! Let's plan programs that add value to the community, advocates and creates awareness of IDD. The committee is looking for parents, providers, community leaders and event planners to join us in finding and creating new opportunities. Meets hybrid as needed.
- ❖ **TRANSITION COMMITTEE:** Provides educators the opportunity to collaborate and discover resources to share with families in the path to adulthood. The committee is looking for school counselors, transition specialists, parents and advocates interested in establishing or advancing opportunities for people with disabilities after high school. Help develop strategies that support families and students in schools and secondary education. Meets the 2nd Friday of the month from 9-10:30 a.m.



Intellectual and
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The IDD Council is accepting applications from outstanding leaders, self-advocates and caregivers to serve as Board members. Help us to grow and prosper in our work.

<https://www.iddcouncil.org/board-member-info>.

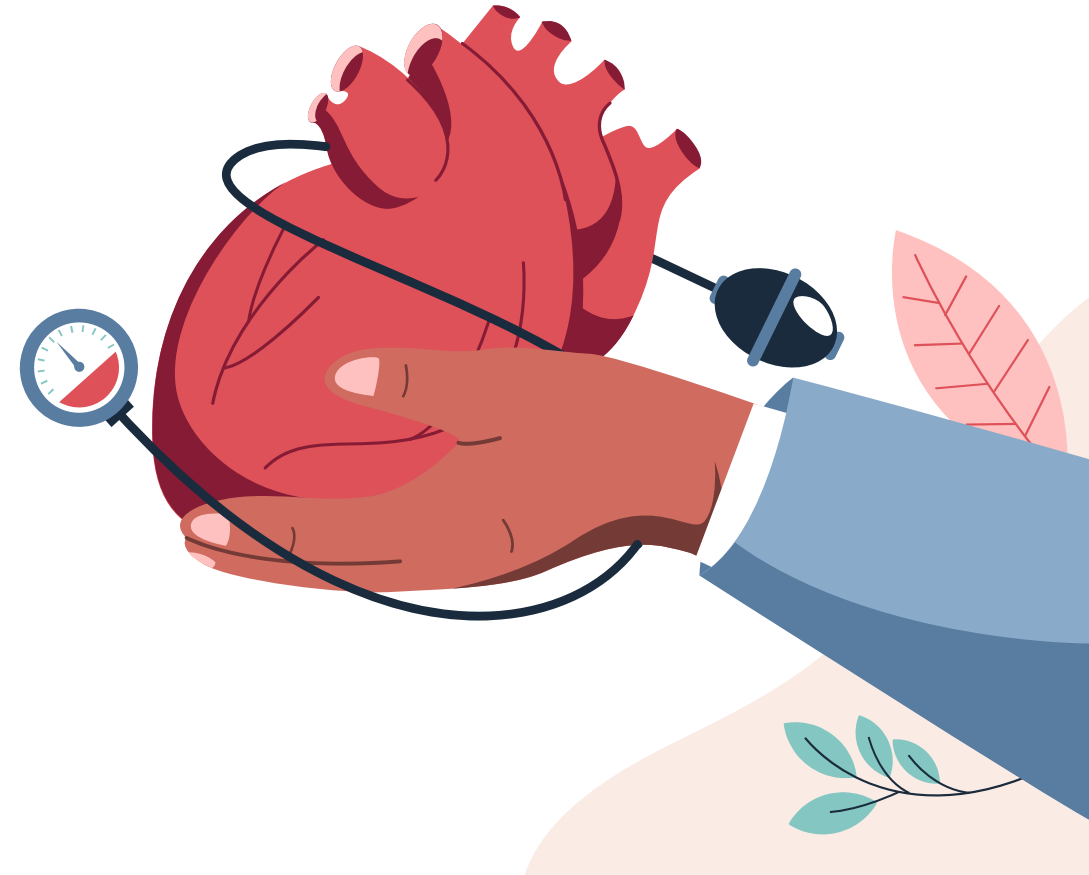
ABOUT OUR PRESENTER

Olu J. Motoni, MPH



Heart Health in Individuals with Developmental Disabilities

Olu Motoni, MPH
Disability Community Coordinator



Overview

01

About Heart Disease

02

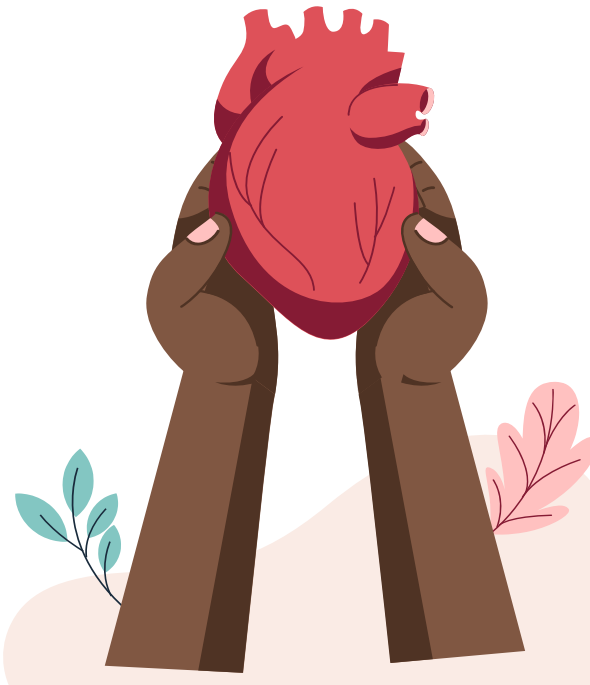
About The Risks

03

About Prevention

04

Conclusion



01

About Heart Disease



Cardiovascular Disease & Heart Disease



Cardiovascular Diseases

An umbrella term for a group of disorders that affect the **heart** or blood vessels

Heart Diseases

A catch all phrase for a variety of conditions that affect the heart's structure and function

The most common type of heart disease is **Coronary Artery Disease**. Often just referred to as heart disease.

Coronary Artery Disease

A **build up** of plaque in the arteries **that reduces** the amount of oxygen rich blood getting to the **heart**.



800,000+

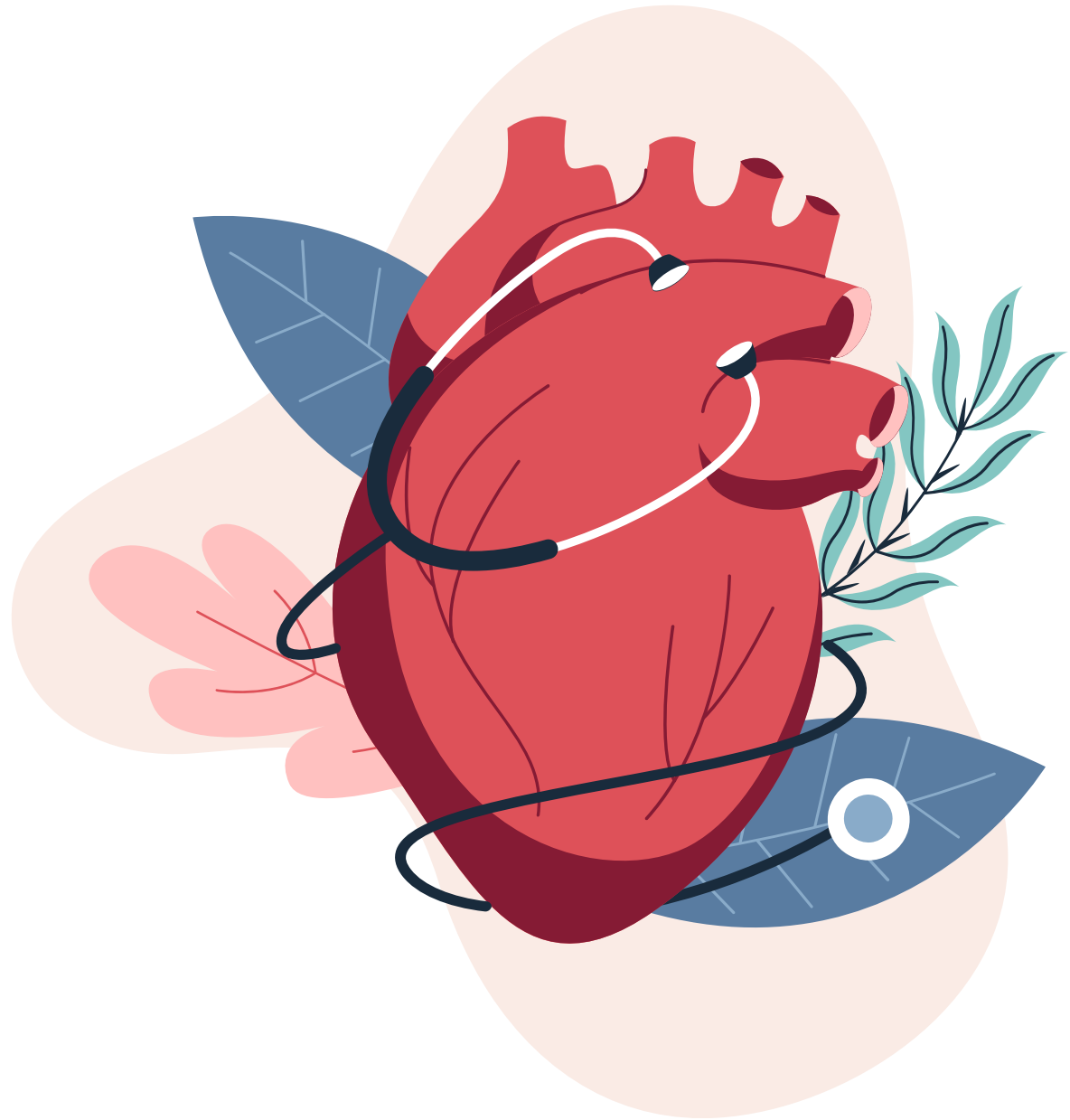
Die of **Cardiovascular diseases**
each year

650,000

Die of **Heart Diseases** each year

366,000

Die from **Coronary Heart Disease**
each year



Symptoms



Heart Attack

- Chest Pain
- Upper back/neck pain
- Heartburn
- Nausea/Vomiting
- Extreme Fatigue
- Dizziness
- Shortness of Breath

Stroke

- Weakness
- Face drooping
- Speech Difficulty
- Confusion
- Numbness

Arrhythmia

- Fluttering feelings in the chest

02

About the Risks



Risk Factors – What we **can't** control

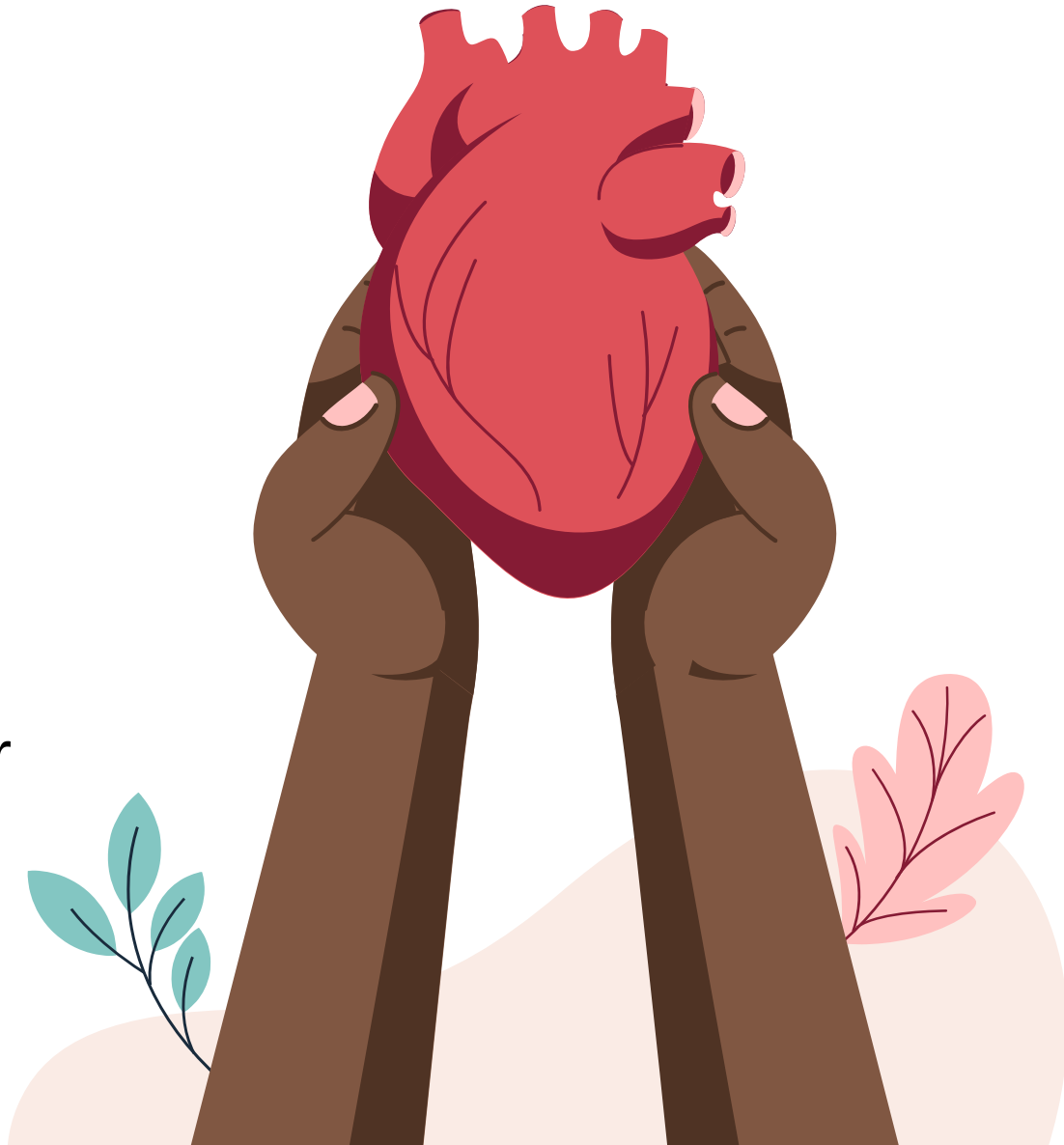


Risk Factors- What we **can** control



47%

Of Americans have at least one of the top three risk factors, **high blood pressure**, **high blood cholesterol**, and **smoking** – putting them at risk for heart disease.



Risks for Adults with IDD

Adults with IDD are more likely to have higher occurrence of cardiovascular risk when compared to the general population: **Diabetes**, **High Cholesterol** and **Hypertension**

They are also more likely to have **poor diet**, **lack of exercise**, and **smoke/nicotine exposure**



Risks for Adults with IDD

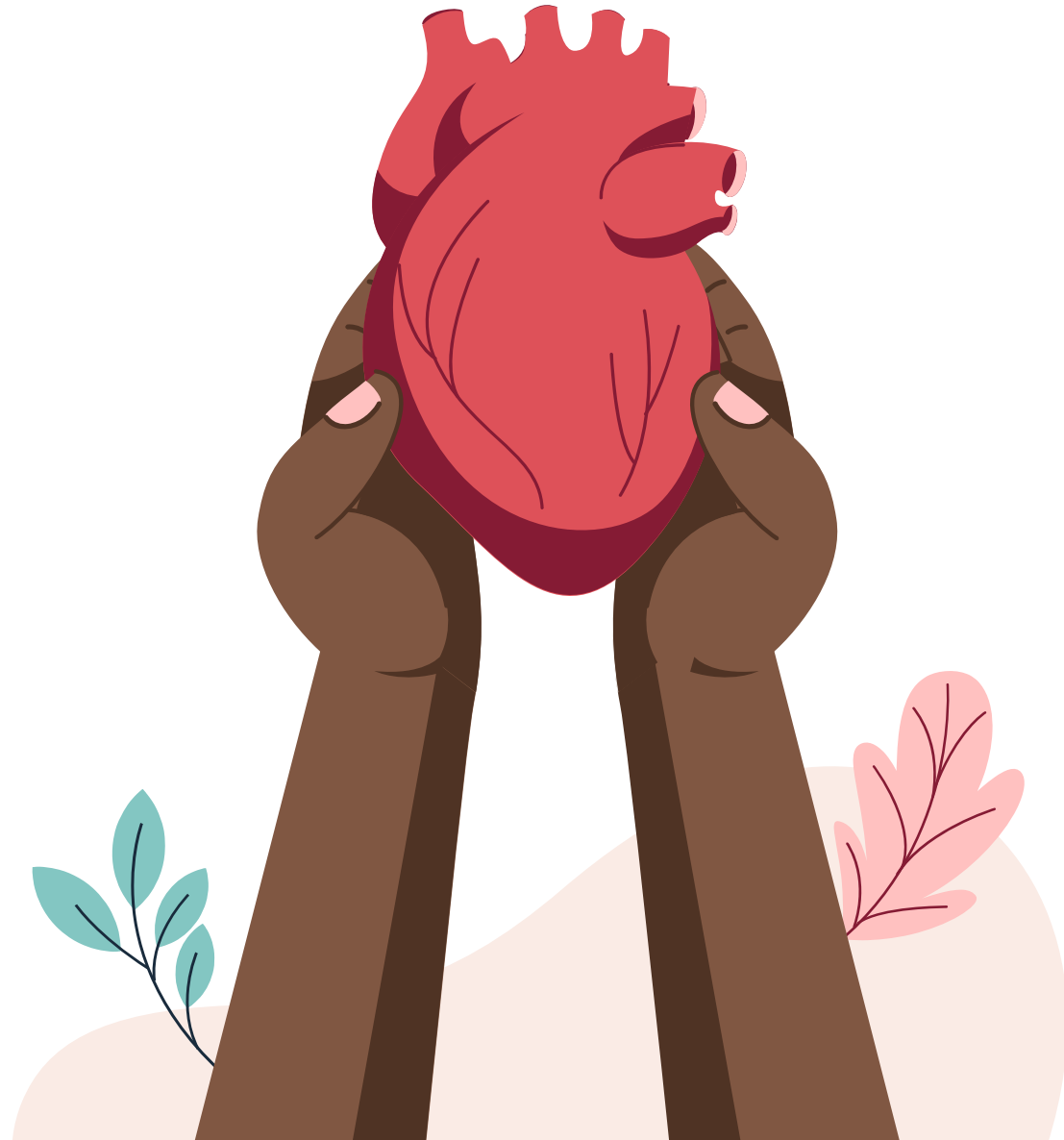
Adults with IDD face **barriers** to health care and are **less likely** to receive preventative care

They often **face barriers** to accessing **health promotion** and **health maintenance** services



Deaths from cardiovascular disease
increase

3.5 fold
in people with disabilities when
compared to the general population.



What can we do?



05 Prevention





What You Can Do

- Talk to your doctor about cholesterol and blood pressure levels
- Incorporating more fruits and veggies
- Reducing tobacco and alcohol use
- Incorporating physical activity in the day to day



What You Can Do – Monitor Blood Pressure

- Normal BP Range: 120/80
- Utilize Blood Pressure cuffs at home



What You Can Do – Heart Healthy Diet & Monitor Cholesterol Levels

- Reduce food with unhealthy fats, salts, and added sugars
- Look for food rich in whole grains, fiber, vitamins, antioxidants, and healthy fats
(Ex: Spinach, Broccoli, Berries, Whole grain bread, Brown rice)





What You Can Do – Physical Activity

- 150 minutes per week of moderate intensity aerobic activity
 - Walking
 - Team sports
 - Yoga
 - Self-propelled wheelchair and hand crank biking





What You Can Do – Reduce Smoking

- Reduce smoking/Tobacco Use
- Enroll in a smoking cessation program



What We Can Do

Lifestyle based programs

Developing programs to enhance cardiovascular health in their day to day lives

Healthy Eating Programs

Implementing programs that teach the importance of healthy eating, and how to incorporate more fruits and veggies

Policy Changes

Supporting policy that ensures affordable evidence-based prevention programs and health care coverage



Resources: NIH – Heart Disease Prevention

- Fact sheets, education, and resources for physical activity, nutrition, monitoring blood pressure & cholesterol, smoking and more

Take Action Towards Better Heart Health

Studies show that having positive, close relationships with others benefits your heart health. Gather your friends and family and make a commitment to your heart health, together. Read on to learn more about how you can live a heart-healthy lifestyle with the help of those closest to you.



Increase Physical Activity

Moving more can lower your risk factors for heart disease.

[Learn how to move more](#) ➔



Eat a Heart-Healthy Diet

Eating a healthy diet is the key to heart disease prevention.

[More about healthy eating](#) ➔



Know and Control Your Heart Health Numbers

Tracking your heart health stats can help you meet your heart health goals.

[Know your numbers](#) ➔

Was this page helpful?

Resources: American Heart Association Healthy Living Resources

Fact sheets, recipes, and tips on overall
wellness





[Heart Attack and Stroke Symptoms](#)

[Volunteer](#)

[ShopHeart](#)

[Donate Once](#)

[Donate Monthly](#)



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or

[Search](#)

Whole Wheat Spaghetti with Marinara and Turkey Meatballs

★★★★☆ 4.0 out of 5 stars | 70 ratings



Whole Wheat Spaghetti with Marinara and Turkey Meatballs



Calories

489 Per Serving



Protein

36g Per Serving



Fiber

16g Per Serving

[View Full Nutritional Info](#)

Marinara Sauce

- ✓ 14 oz. canned, no-salt-added, or, low-sodium, sliced carrots
- ✓ 14.4 oz. packaged, frozen pepper stir-fry (onions and peppers) (thawed)
- ✓ 1 medium zucchini (chopped)
- OR
 - ✓ 4 clove fresh garlic (minced)
 - ✓ 2 tsp. jarred, minced garlic
- ✓ 52 oz. cubed, no-salt-added, or, low-sodium tomato (crushed)
- ✓ 2 tsp. salt-free, dried Italian spice blend

Whole Wheat Spaghetti and Turkey Meatballs

- ✓ 1 lb. extra-lean or fat-free **ground turkey breast** (95%-99% lean)
- ✓ 1/4 tsp. black pepper
- ✓ 1/2 cup whole-grain cereal flakes (crushed, optional)
- ✓ 1 lb. whole-wheat spaghetti

Quick Tips



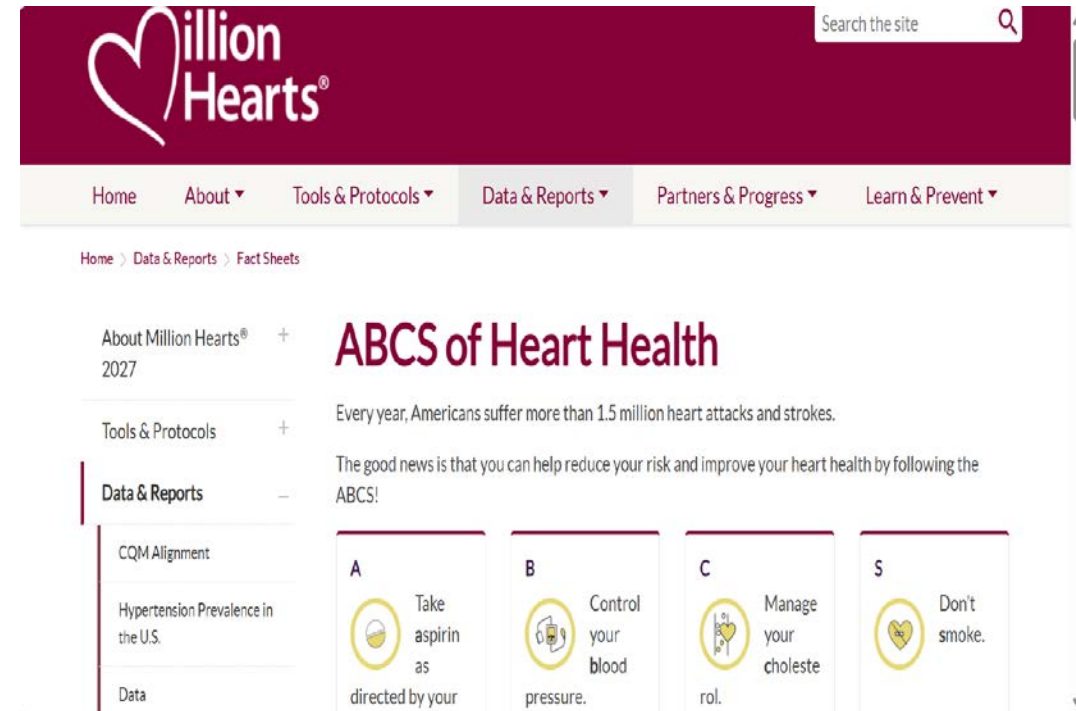
Cooking Tip: There are several kid-friendly kid steps in this recipe. Kids can help mash the carrots, crush the cereal in a sealed plastic bag, and use clean hands to form the meatballs.

Keep it Healthy: Make sure to compare sodium levels in several brands of canned vegetables and choose the product with the least amount of sodium you can find in your store.

Tip: Products simply labeled “ground turkey” will likely also include the skin, which elevates fat and calorie levels greatly. Make sure to purchase “ground turkey breast” which includes only the lean breast meat.

Resources: Million Hearts ABCS of Heart Health

ABCS (Aspirin use, blood pressure, cholesterol, smoking cessation)
Facts, strategies, and resources to
help prevent heart disease and
stroke



06
Conclusion



Key Takeaways

- Adults with IDD are more likely to have higher cardiovascular health risk than the general population
- Adults with IDD are often face barriers to health promotion and health maintenance services
- Be aware of risks and symptoms
- Talk to your doctors about your heart health
- Lifestyle changes go a long way



Thank You!

**Do you have any
questions?**

olu.motoni19@gmail.com

CREDITS: This presentation template was created by **[Slidesgo](#)**, and includes icons by **[Flaticon](#)**, infographics & images by **[Freepik](#)** and illustrations by **[Storyset](#)**





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Register for webinar link:
www.IDDCouncil.org



The Intellectual
and Developmental
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Caregiver Education Webinar Series Presents:
Healthy Habits for Picky Eaters
TUESDAY, AUGUST 26, 2025 📅 Noon — 1:30 pm

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Register at: <https://tinyurl.com/vncza6wt>

PRESENTED BY

Katherine Lawrence is a globally recognized nutrition educator and Board-Certified Autism Specialist. After using dietary changes to help manage her own children's neurodivergent symptoms, she dedicated her career to empowering families with practical, affordable strategies. Katherine is the founder of the Food Saved Me Institute, where she trains instructors and provides nutrition programs to support neurodivergent individuals. She recently delivered a TEDx Talk on supportive nutrition for neurodivergent children and holds certifications in nutrition from Harvard Medical School, Stanford Medicine, and Cornell University.



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SHOP, EAT AND SUPPORT THE IDD COUNCIL



Kroger Shopper Card Community Rewards: <https://bit.ly/2Sw9WX1>

Rosa's Cards \$20 value / \$20 each: Email request with Qty: Rita@IDDCouncil.org

More info and ways to support our mission: <https://www.iddcouncil.org/partners>

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(www.IDDCouncil.org/gift)



Intellectual and
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Thank you for joining us!

Rita Stevenson
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Rita@IDDCouncil.org
www.IDDCouncil.org