

# RECOMMEND HEALTHY HABIT GOALS

for Education and Service Plans for Patients with Intellectual  
and Developmental Disabilities

**Adding goals related to healthy eating and physical activity to a child's education and service plan ensures that the child receives appropriate services to address their needs. Health care providers can play an important role by recommending goals to include in these plans.**

Education and service plans, including the Individual Family Service Plan (IFSP), Individual Education Plan (IEP), and Individual Treatment Plan (ITP), include goals, services, and accommodations for children with intellectual and developmental disabilities (I/DD).

## What to Do

- Recommend goals for education and service plans that align with goals identified through your conversation with patients using the **'5-2-1-0 Healthy Habits Questionnaire.'**
- Add any other goals related to healthy eating, non-food rewards, physical activity, screen time, or sugary drinks.
- Review the **'Use Education and Service Plans to Support Healthy Habit Goals for Children with I/DD'** handout in the 'Getting Started' section of this toolkit to learn more about how to write goals for each type of plan.
- Review the **'Use Transition Plans to Support Healthy Habits for Teens and Young Adults with I/DD'** handout in the 'Getting Started' section of this toolkit. Talk to patients about how to be responsible for their own health, and recommend healthy eating and active living goals for the IEP Transition Plan.

## Why Recommend Healthy Eating and Physical Activity Goals

- Health care providers are trusted and respected by families and the professionals who make up a child's support team. Your advice will go a long way!
- Education and service plans are legal documents, so the professionals working with a child with I/DD will be sure to work toward the goals outlined in these documents.
- Education and service plans are referred to throughout the year, so progress toward goals will be tracked.

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**LET'S GO!**

**5-2-1-0**

continued

## How to Recommend Healthy Eating and Physical Activity Goals

- Use the **'Health Care Provider Statement Recommending Healthy Habit Goals.'** Write a statement and give it to a child's parents or caregivers to share with the rest of the child's team.
- Attend meetings with other members of a child's support team whenever possible.
- Build relationships with other team members and play an active role in developing education and service plans.