Book Review

Title: *The Down Syndrome Nutrition Handbook, A Guide to Promoting Healthy Lifestyles*

Author: Joan E. Guthrie Medlen, R.D., L.D.

Publisher: Baltimore: Woodbine House, 2002


Cost: $19.95

Reviewer: Martha Guinan, MPH, Center on Disability Studies, University of Hawai`i

*The Down Syndrome Nutrition Handbook* is written by the ultimate authority - a practicing dietician and mother of a young man with Down syndrome. The Handbook is based on years of personal and professional experience and supported by the latest medical research and insights from other parents and adults with Down syndrome. This well written, person-centered, and health-centered book is intended for the parent, with practical advice and tips that could only come from another experienced parent. The result is an outstanding resource for people with Down syndrome throughout their life span and for the people that help them. A wide variety of topics are addressed from bottle versus breast feeding, general nutrition to nutritional intervention for diabetes mellitus, alternative therapies, celiac disease and other health issues. Ms. Medlen discusses selecting shoes, promoting active lifestyles, and teaching your child to be responsible for their own good health. The book also includes growth charts, suggested documents to include in your child's 504 plan and recipe templates for understanding how your child grows. It truly is an invaluable resource to have all in one place.

This Handbook helps parents, dietitians, and therapists understand the connection between Down syndrome, lifestyle, and nutrition. It is beneficial when read cover-to-cover or when used as a reference book. The writing style is clear and the pictures make it a valuable education tool for people with a wide variety of reading abilities. It is the assistant every parent needs to guide their children toward a healthier future.
All about The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles by Joan Guthrie Medlen. LibraryThing is a cataloging and social networking site for booklovers. Now, this much-needed book looks at all aspects of nutrition and healthy living for children with Down syndrome, from birth through to young adulthood. The author, a mother of a child with Down syndrome and a registered dietician, encourages parents to start teaching healthy habits early but stresses that it’s never too late to start, no matter what age. The Down Syndrome Handbook is one of a series of books addressing Down syndrome topics. The author, Joan Guthrie Medlen, R.D., L.D., holds credibility as both a registered dietitian and a parent of a child with Down syndrome. The book is written as a guide for parents and professionals interfacing with children who have Down syndrome. The book is organized into four sections: Building Healthy Attitudes, Nutrition-Related Concerns for People with Down Syndrome, Teaching Healthy Choices to Encourage Healthy Lifestyles, and Learning Activities. Half of the book’s chapters are devoted to teaching healthy-nutrition lifestyle habits in childhood and young adulthood.

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Many parents of children with Down syndrome would like to help their child to improve nutrition and manage weight, but don't know where to begin. Now, this much-needed book looks at all aspects of nutrition and healthy living for children with Down syndrome, from birth through to young adulthood. The author, a mother of a child with Down syndrome and a registered dietician, encourages parents to start teaching healthy habits early but stresses that it's never too late to start, no matter what age. Promote healthy lifestyles in the population so as to reduce the risk of developing heart disease, diabetes, hypertension obesity, cervical cancer and HIV/AIDS and to reduce the incidence of violence and injury. Focuses on preventable behavioural risk factors. Elements of the Strategic Approach. The five key behavioural elements to be promoted through this health promotion strategic plan are: Chronic Diseases Physical activity Appropriate eating behaviours Prevention and control of smoking. Reproductive Health Appropriate sexual behaviour.
Special advantages of nursing your baby with Down syndrome.Â Principles of grounded theory were used throughout this study to guide the sampling, data collection, and data analysis. Findings Fathers knew the health benefits of breastfeeding and wanted their child to breastfeed but were unsure of their place in the feeding process because they felt it was not their body.