The Power of Music: Creating a Pleasurable Eating Experience for Adults with Intellectual and Developmental Disabilities
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Abstract
Adults with intellectual disabilities and development disabilities (IDD) tend to have issues with rapid eating, which can ultimately lead to obesity/other chronic conditions (Dhaliwal et al., 2019). Individuals with cognitive and motor impairments can tend to be a bit overwhelmed during mealtime and may exhibit negative nonverbal cues to express their anxiety. Research also suggests that music is an environmental factor that has direct influence on consumption patterns (Testa et al., 2020).

Moreover, musical properties such as tempo and instrumentation can affect both the rate of eating as well as meal duration (Mathiesen et al., 2020). There have been a variety of studies on the effect music has on eating paces, but these studies are rarely conducted on adults with IDD.

Evaluation Methods
In a pre-test format, support staff were interviewed about their clients’ current eating habits and mealtime behaviors, the same individuals participated in a post-test activity where they provided information regarding changes in their clients’ behavior. Staff input included observations of both positive and negative nonverbal cues such as frowning or smiling.

Table A. Nonverbal Behaviors Assessed in Pre and Post Test.

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frowning</td>
<td></td>
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<td></td>
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<tr>
<td>Smiling</td>
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<tr>
<td>Restlessness</td>
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<td>Other</td>
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Conclusion
The CSS Lunch Clinic shows potential a means for creating a more enjoyable environment for the clients during mealtimes. By using staff observations as a primary research tool, a qualitative alternative to assess eating behavior.

Potential Applications for Individuals with IDD
The CSS Lunch Clinic can be used as a non-invasive behavioral therapy program for individuals with IDD. This program would be a departure from the typical behavioral interventions which involve techniques such as specialized utensils, controlled portions, and timing techniques (Testa et al., 2020). Additionally, the Lunch Clinic could provide a way for individuals with IDD to socialize with their peers in a calming environment.

References
Mauris orci mi, varius id diam id, egestas auctor enim.

*Unamcorper efficitur sed in nulla.*