



Missouri Disability & Health Collaborative

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What is it for?

- ***To support individuals with intellectual disabilities to be included in and have access to the full range of evidence-based physical activity and nutrition programs provided through public health programs in Missouri***



COMMUNITY
Garden Coalition



Why do we need it?

Did you know that 63% of Missouri adults with ID are overweight or obese?

- People with ID:
 - Have higher rates of overweight and obese than the general population
 - Develop diabetes more frequently and earlier
 - Are less likely to exercise regularly
 - Tend to eat an unhealthy diet
 - Lack access to health promotion programs and information



What Can We Do?

Extend the reach of our successful public health programs to include people with ID



First Step

Community

Health

Inclusion

Index



CHII

Healthy Living Resources

- CHH is to determine 1) what Healthy Living Resources exist in a community and 2) the extent to which they are inclusive of all community members

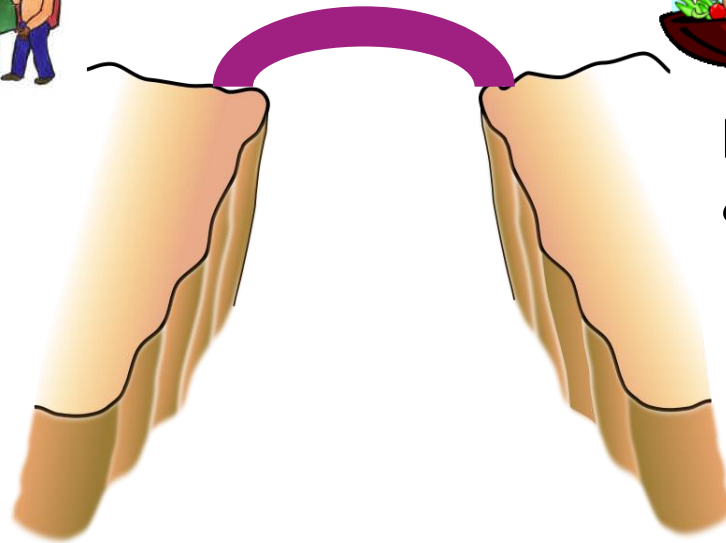


CHII

A tool to assess possible inclusion gaps



**People
with ID**



**Healthy Eating
& Active Living**

CHH Organizational Assessment

TOPICS

❑ **Healthy Eating**

- ❑ how well you promote HE through **policies** and **programs**

❑ **Physical Activity**

- ❑ how well you promote PA through **policies** and **programs**

❑ **Staff Training**

- ❑ the extent to which staff are educated in working with people with **(intellectual)** disabilities

❑ **Readiness for Change**

- ❑ the extent to which the organization sees inclusion **(of people with ID)** as a goal and is committed to improving the organization's capacity for inclusive health promotion



CHII Sample Questions

HE Policy (at your agency)

Is there at least one **policy** about:

Q2.03: Making the prices of healthy foods comparable to unhealthy foods (in vending machines, cafeteria, etc...)?

- Yes No N/A

Q2.04: Meals provided must meet nutrition standards?

- Yes No N/A

Q2.05: Stocking healthy items or limiting access for vending machines:

- Yes No N/A

CHH Sample Questions

HE Programs (offered by your agency)

Q2.09: Is at least one nutrition education program (e.g. weight loss, food preparation, shopping) available?

Yes

No

Q2.11: Are nutrition programs held in an accessible location?

Yes

No

Q2.14: Are accommodations provided to people with disabilities so they can participate, such as allowing a personal aide or caregiver to attend?

Yes

No

CHII Sample Questions

PA Programs (offered by your agency)

Q3.06: Is the program designed so that persons with disabilities and without disabilities participate equally, such as adapting movements and rules of games?

Yes

No

Q3.09: Are there aspects of physical activity programs that are either supportive or may be a barrier to people with disabilities?

Yes (please specify below)

No

More CHH Questions!



CHII Sample Questions: Staff Sections

- ❑ **Q5.01** Are staff provided any type of disability awareness training either onsite or through outside education?
 - Yes
 - No
- ❑ **Q5.02** Which of the following components is covered in disability awareness training? (Check all that apply)
 - Providing services to persons with different types of disabilities
 - Adapting the environment for persons with disabilities
 - Communicating with people with different types of disabilities
 - Using person-first terminology, for example using the term “people with disabilities” instead of “the handicapped or the disabled”
 - None of the above
 - Other

Readiness for Change

“Readiness is All”

William Shakespeare

- Leadership
- Obstacles and Opportunities
- Commitment

CHII: Two Levels of Data



Two-way Learning

CHH Organizational Assessment

- Who?
 - HEAL program leaders

- How Long?
 - 20-30 minutes

- How?
 - Online

- When?
 - Early February



After the CHII

□ Planning

- Select HEAL sites
- Involve stakeholders
- Design adaptations



□ Implementation

- Pilot adaptations
- Tweak
- Scale/disseminate



Questions

- Ask any questions now
- Call: 816-235-5752
- Email: millerck@umkc.edu

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