



Kentucky

Getting the Memo: It's Everyone's Job

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Your Presenters



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Getting the Memo

- **Real People** – HealthMatters for people with intellectual and developmental disabilities (I/DD)
- **Practical Solutions** – Evidence based practice for community services
- **Real Changes** – HealthMatters, Kentucky!

HealthMatters™



Real People

Did you know that 36% of all American adults are obese?

- People with I/DD are more overweight and obese compared to the general population.
- Paid caregivers experience stress and burnout
 - poor health
 - emotional problems
 - unhealthy lifestyles
 - poor quality of life



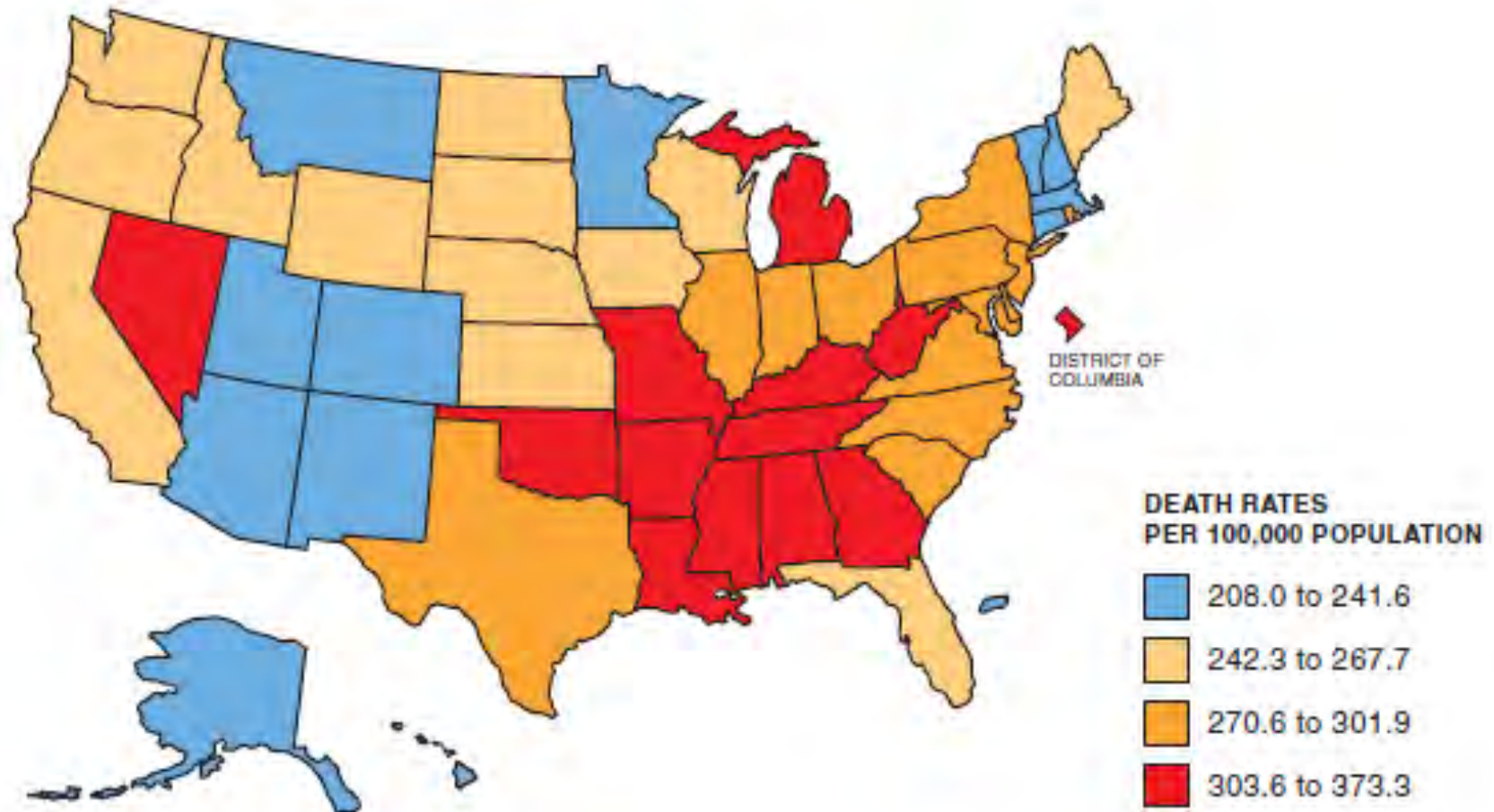
Aging, Disability, and Aging with a Disability

- ❑ Currently 641,000 adults age 60 and older.
- ❑ Projected increase of 90% to 1.2 million age 60+ by 2030.
- ❑ Individuals with I/DD who have lived 30-50 years with a disability are experiencing new health concerns.



Where People Live Matters

Total Cardiovascular Disease Deaths, 2005/100,000 population



CVD and People with I/DD

Cardiovascular disease (CVD) is one of the most common causes of death.

- Adults living in community settings have the highest CVD risk of all adults with I/DD.
- CVD is strongly associated with health behaviors – specifically poor nutrition and lack of physical activity.



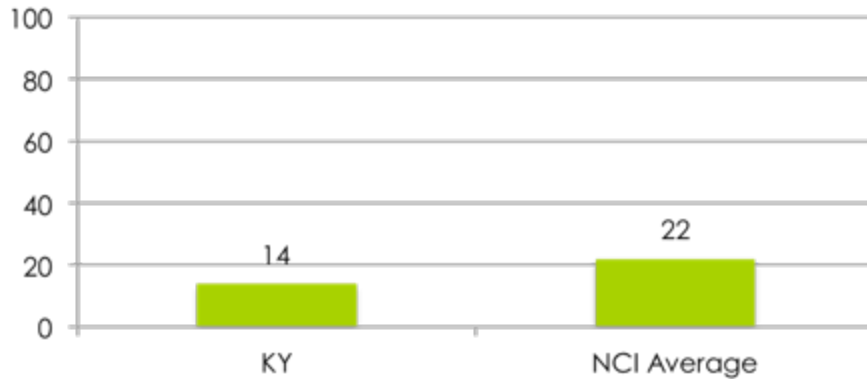
National Core Indicators (NCI)

What is it?

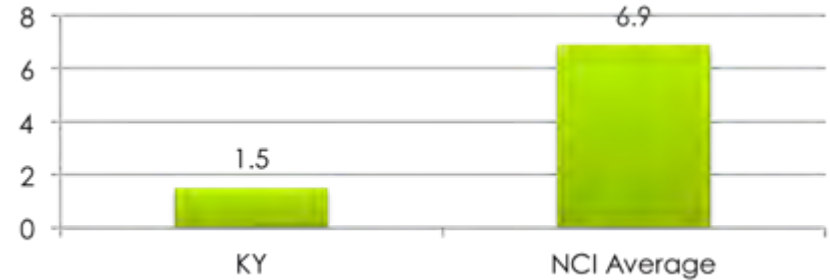
- **The National Core Indicators (NCI)**
 - Started in 1997
 - Collaborative effort between the National Association of State Directors of Developmental Disabilities Services (NASDDDS) and the Human Services Research Institute (HSRI).
- **The goal:** Standard set of performance measures
 - States to manage quality and
 - Across States for making comparisons and setting benchmarks.
- **Today** 41 states are participating

NCI Kentucky Wellness Indicators

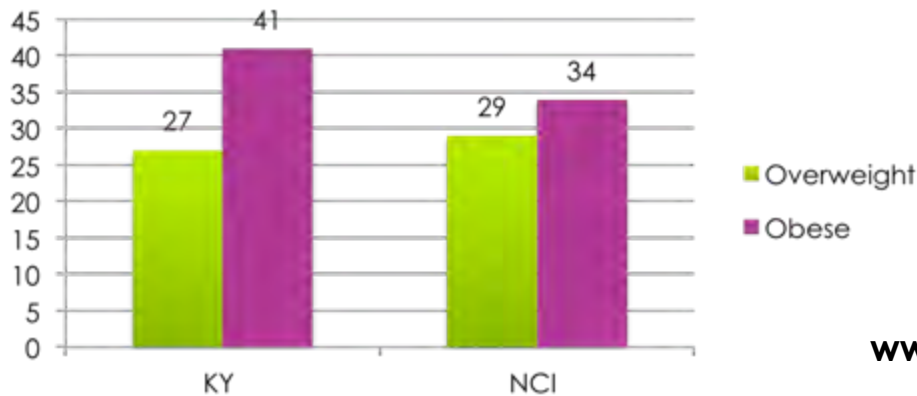
Engages in Moderate Physical Activity (%)



Number of times people went out for exercise in past month

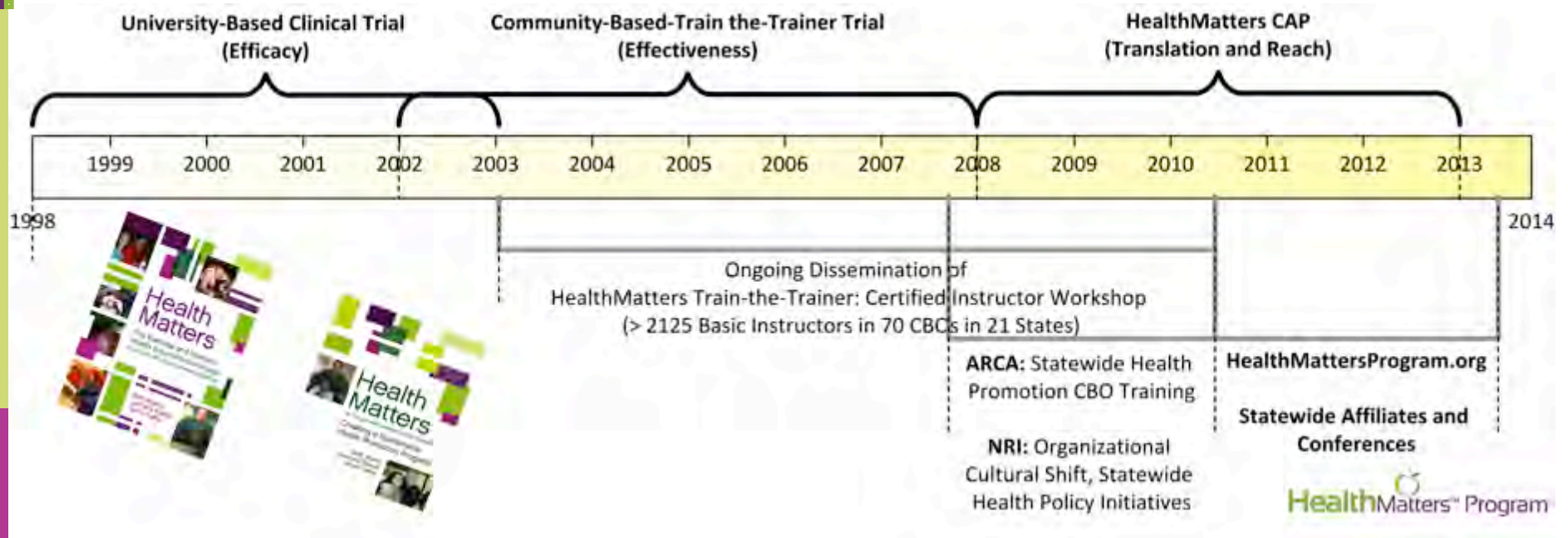


Percent of People who are Overweight or Obese



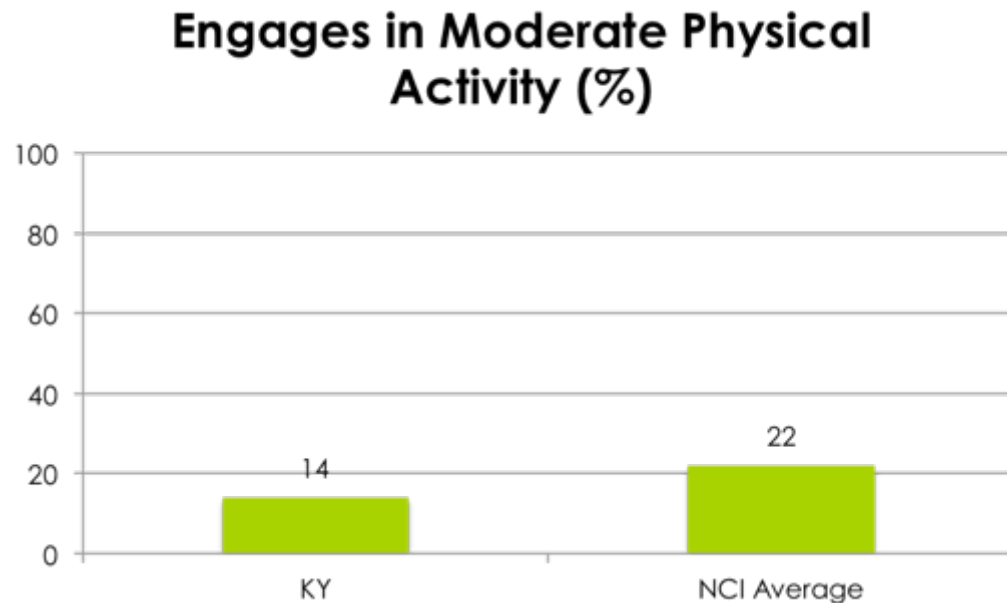
NCI State Report: Kentucky
2012-2013

Practical Solutions-Research to Practice



Handout: HealthMatters Program Research to Practice

Health and Exercise – What can HealthMatters Do?



Example Goal

Increase the overall percentage of recipients who engage in moderate physical activity for 30 minutes a day at least three times per week by at least 5%.

Strategies to Meet Goal

- * Structured activities within day services (12-week HealthMatters Program)
- * Partnership with community recreation centers
- * Targeted health education programs

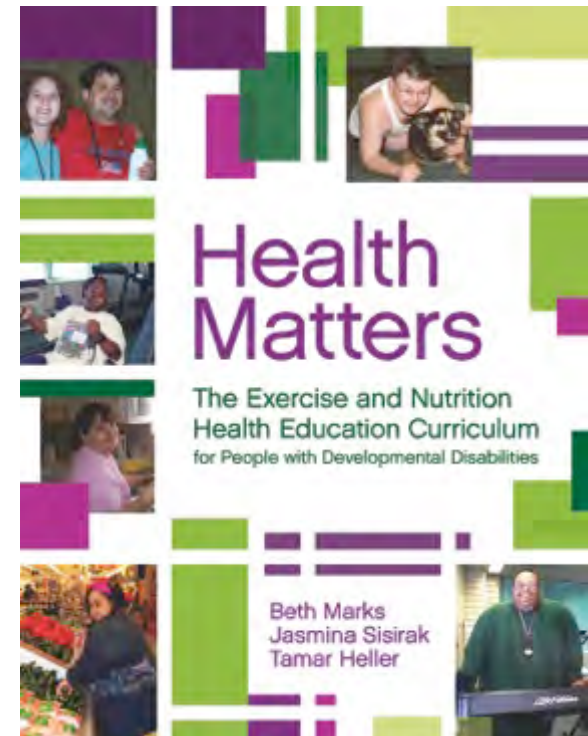
HealthMatters Train the Trainer Workshop: Becoming a Certified Instructor

- Theoretically-driven Workshop
 - Strategies to teach exercise and nutrition classes and motivate people to achieve wellness goals
 - Tools to evaluate changes in health
- CEUs are provided for Advance Practice Nurses, Registered Nurses, Licensed Practical Nurses, Social Workers (LCSW, LSW, LPC, LCPC), Nursing Home Administrators, Speech Language Pathologists, Physical Therapists, Occupational Therapists, Recreational Therapists, and Qualified ID Professionals (QIDP).

Handout: Workshop Brochure

Health Matters: The Exercise and Nutrition Health Education Curriculum

- Evidenced-Based Curriculum for adults with I/DD
- 36 interactive modules with 23 additional lifelong learning modules
 - Understand attitudes toward health, exercise & nutrition.
 - Identify current behaviors.
 - Develop clear exercise and nutrition goals and stick to them.
 - Gain skills and knowledge about exercising & eating nutritious foods.
 - Support each other during class



HealthMatters Program: Research Trials

University-Based Program Professional Led

Adults with I/DD

- ↑ exercise attitudes
- ↑ exercise self-efficacy
- ↑ exercise outcome expectations
- ↑ life satisfaction
- ↑ cardiovascular fitness, strength and endurance
- ↓ cognitive–emotional barriers

Heller, et al., (2004); Rimmer, et al., (2004)

Community-Based Program Train-the-Trainer

Adults with I/DD

- ↑ perceived health behaviors
- ↑ exercise self-efficacy
- ↑ nutrition/activity knowledge
- ↑ cholesterol & glucose
- ↑ fitness (flexibility)
- ↑ exercise & nutrition socio-environmental supports

Marks, Sisirak, Chang (2013)

40 Year Gap

- Great progress with health promotion and disease prevention in the general population.
- Implement health promotion programs on a larger scale for people with disabilities.
- Provide sustainable evidence-based health promotion programs as a standard of care.



HealthMatters, Kentucky!

- **Lindsey Catherine Mullis, MS**
Health & Wellness Coordinator
Human Development Institute
University of Kentucky
- **RapidHMA Report**
- **Getting the Memo** webinar
- **HealthMatters, Kentucky:
Scale-Up Research Project**



GOAL: Improve health and health promotion of people with I/DD through Kentucky.

Eat well. Move more. Live happy!

HealthMatters, Kentucky!

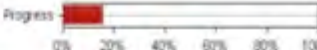
Timeline Task	Date
Wellness Committee	December 31, 2014
<p>HealthMatters Assessments (HMA) with 25% of staff</p> <p>(Strategic Plan Results and Report will be reviewed during Webinar 1)</p>	<p>Before Program – December 1, 2014</p> <p>After 12-week HealthMatters Program – March/April 2015</p> <p>At 12 Months – January/February 2016</p>
<p>HealthMatters Train the Trainer Webinars (three 75-minute webinars) plus Evaluation</p>	<p>January 2015</p> <p>(Webinar Evaluation: Before 1st Webinar, After 3rd Webinar, After 12-week HealthMatters Program)</p>
<p>12-week HealthMatters Program (3-6 staff, 6-24 people with I/DD)</p>	<p>Within 2 weeks of the 3rd Webinar</p>

Organizational Capacity – HealthMatters Assessments



Cornell University
Survey Research Institute

Health Matters Assessment Survey

Progress 

0% 20% 40% 60% 80% 100%

Health Promotion Programs and Services

Available Programs and Services for Clients and Employees

Indicate if the following health promotion programs or services are offered at your organization for staff and clients?

			If services are available, are they offered to:			
	Yes	No	Clients with IDD		Staff	
			Yes	No	Yes	No
Healthy eating/nutrition classes	<input type="radio"/>	<input type="radio"/>				
Individual nutrition or diet management counseling	<input type="radio"/>	<input type="radio"/>				
Fitness assessments	<input type="radio"/>	<input type="radio"/>				
Group exercise classes	<input checked="" type="radio"/>	<input type="radio"/>				
Health risk screening (e.g., cholesterol, blood pressure, blood sugar, bone density)	<input type="radio"/>	<input type="radio"/>				
Tobacco cessation classes	<input type="radio"/>	<input type="radio"/>				
Team-building classes	<input type="radio"/>	<input type="radio"/>				
Peer mentoring classes	<input type="radio"/>	<input type="radio"/>				
Leadership skills classes	<input type="radio"/>	<input type="radio"/>				

Previous

Next

Strategically Balanced Approach

- ✓ Culture
- ✓ Confidence
- ✓ Knowledge
- ✓ Resources

Strategic Planning for Health Promotion

1. **Resources:** Employees have resources to promote health among adults with I/DD
2. **Culture:** Leaders, managers and staff enable and support health promotion practice and values are practiced.
 - **Commitment** – Employees believe in and advocate for health promotion
 - **Policy** – Vision, mission, and policies align to support health promotion
3. **Confidence:** Employees are able to implement health promotion activities
4. **Knowledge:** Employees understand fundamental principals and strategies of health promotion



Kentucky RapidHealthMatters Assessments Report

146 Service providers
participated in survey
throughout Kentucky in 2014

Health Promotion Programs and Services

Wellness committee	9%
Classes	
Healthy eating/nutrition classes	55 %
Group exercise classes	53 %
Individual nutrition or diet management counseling	44%
Health risk screening (e.g., cholesterol, blood pressure, blood sugar, bone density)	41%
Team-building classes	30%
Leadership skills classes	28%
Fitness assessments	18%
Peer mentoring classes	18%
Tobacco cessation classes	16%
Promotional Messages	
Healthy eating specific messages	52%
Physical activity/exercise messages	45%
Availability of onsite health promotion programs	34%

Organizational Resources Supporting Health Promotion

Total Score = 21 (Low)

(Very low: 0-15; Low: 16-30; High: 31-45; Very High: 46-60)

Highest scoring items

1. My workplace offers health promotion activities that are available to people with I/DD
2. My workplace offers trainings on health promotion activities for people with I/DD

Lowest scoring items

1. My organization provides incentives for staff who support health promotion activities for people with I/DD
2. My organization has funding to do health promotion

Organizational Commitment

Total Score: 21 (High)

(Very low: 0-8; Low: 9-16; High: 17-24; Very High: 25-32)

Highest scoring items

1. Our leaders and managers support health promotion program
2. Our staff support health promotion program

Lowest scoring items

1. We have strategic priorities related to health promotion
2. We have partnerships with diverse organizations

Policies and Incentives

Total Score=17 (High)

(Very low: 0-7; Low: 8-14; High: 15-21; Very High: 22-28)

Highest scoring items

1. Our leaders and managers are supportive in providing health promotion to people with I/DD
2. Our policies and programs support health promotion for people with I/DD

Lowest scoring items

1. Health promotion responsibilities are addressed in job performance reviews
2. Health promotion activities are part of staff performance objectives

Written/Formal Policies

Item	Percent (%)
Include health promotion in your organization's vision and mission statement	16
Require healthy food preparation practices	12
Reduce health insurance fees for staff who participate in healthy lifestyle activities	10
Require healthy food options at worksite	9
Provide discount memberships to off-site recreation or fitness facilities <u>for staff</u>	6
Provide health promotion programs during work time	5
Support staff physical activity	25 3

Structures

Total Score=11 (High)

(Very low: 0-5; Low: 6-10; High: 11-15; Very High: 16-20)

Highest scoring items

1. Health promotion is a shared responsibility in organization
2. Designated person/department evaluates health promotion activities for people with I/DD

Lowest scoring items

1. A handbook describing health promotion activities is available for people with I/DD
2. ...for staff

HealthMatters, Kentucky: Scale-Up Research Project

What is this study about?

- A one year research study evaluating the usefulness of an interactive webinar (*Health Matters Program: Train the Trainer* online course).
- Aimed at staff working in community-based organizations providing services to people I/DD.

Handout: Recruitment Flyer



Study Objectives

This study will help us learn how we can best deliver webinar training to give staff in community-based organizations the necessary skills to:

- **Assist** individuals with I/DD to develop their health promotion goal.
- **Develop and teach** a physical activity, nutrition, and health education program for individuals with I/DD to reach their health promotion goal.
- **Support** individuals with I/DD to make long-term lifestyle changes



1000 staff in community based organizations are participating



Who can participate?

- ❑ Staff working in community-based organizations providing services to people with I/DD
- ❑ Read and understand English language
- ❑ Be at least 18 years old



What will you do?

1. The study is **1 year** long.
2. Take **three (3) 75 minute** online *Health Matters: Train the Trainer* **webinars**.
3. **Complete survey** about health promotion advocacy, confidence, and benefits before and after webinar, and 12 weeks (15 min).
4. **Meet with staff colleague** to prepare for each class (15 min)
5. Devote **4-6 hours per week to teach a 12-week** personalized health promotion program.

HealthMatters Program: Train the Trainer Webinar

The 3 webinars consist of five Units, each webinar will take about 75 minutes to complete.

□ Webinar 1

- Unit 1: Health, Physical Activity and Nutrition

□ Webinar 2

- Unit 2: Behaviors and Environment
- Unit 3: Goal Setting

□ Webinar 3

- Unit 4: Doing the Program
- Unit 5: Keeping the Program Going

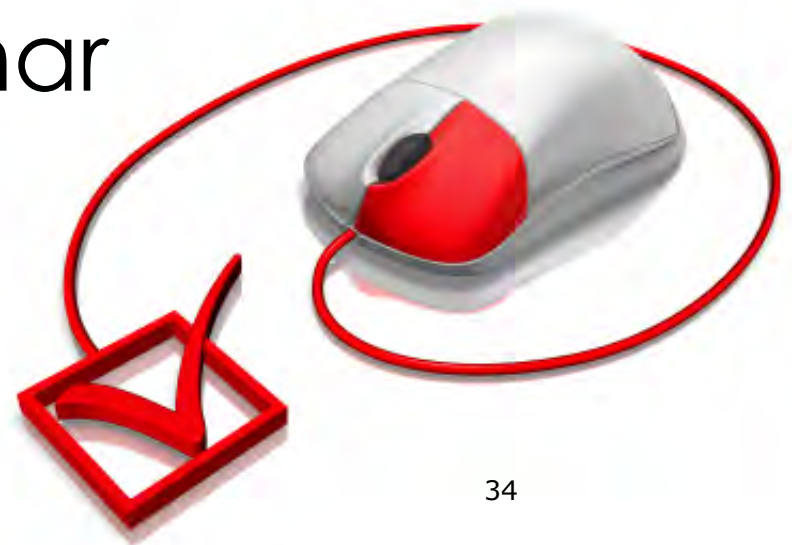


You will learn how to use *Health Matters: the Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities*.

Online Survey

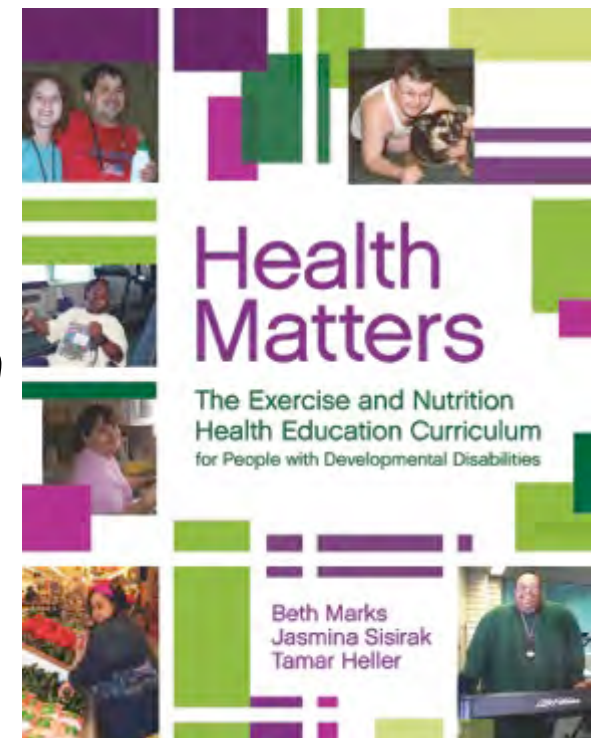
Answer questions about health promotion advocacy, confidence and benefits

- ❑ Before the webinar (15minutes)
- ❑ After the last webinar (20-25 minutes)
- ❑ At 12 week (20-25 minutes)



Deliver HealthMatters Program to 6-24 individuals with I/DD

- 12 weeks, 4-6 hours per week
- Use the *Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities*



Certificate

- You will receive a Certificate of Professional Development when you finish the course.
- 4 CEUs are provided for Nursing Home Administrators, QIDP, Registered Nurses, Social Workers, and Speech Language Pathologists, Physical Therapists



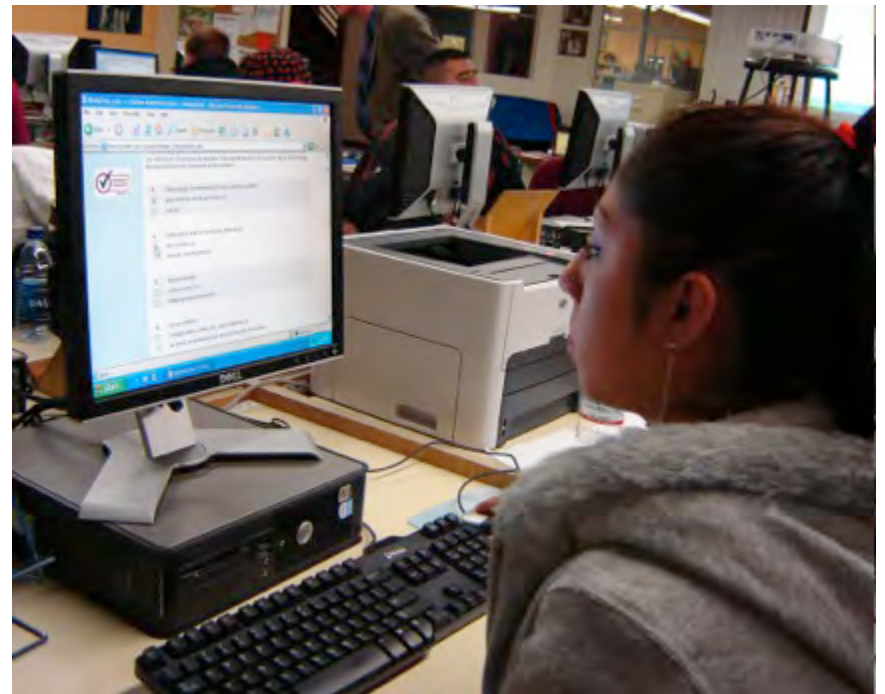
You do not have to join

- Remember, being in the study is up to you.
- Your participation is voluntary.
- You may stop at any time.



Participant Information Sheet

- ❑ You will read the Participant Information Sheet online.
- ❑ You can download and print a copy of the Participant Information Sheet



Questions

- Ask us any questions now
- Call us: 312-996-3982
- Email us: info@healthmattersprogram.org
- Visit www.HealthMattersProgram.org



Presenters



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