

Using the *Health Matters Curriculum* with the Project SEARCH[®] Program Model



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Study Team

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What is Project SEARCH?

Project SEARCH is a one year, transition-to-work program for young people with intellectual and developmental disabilities.

- Goal of competitive employment.
- Total workplace immersion.
- Internship rotations for career exploration and job skills training.
- Customized job-search assistance.



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WHY?

Adolescents with IDD and chronic conditions associated with obesity have a higher incidence of decreased physical independence, decreased community participation, and **overall reduced quality of life** (Rimmer et al, 2010).

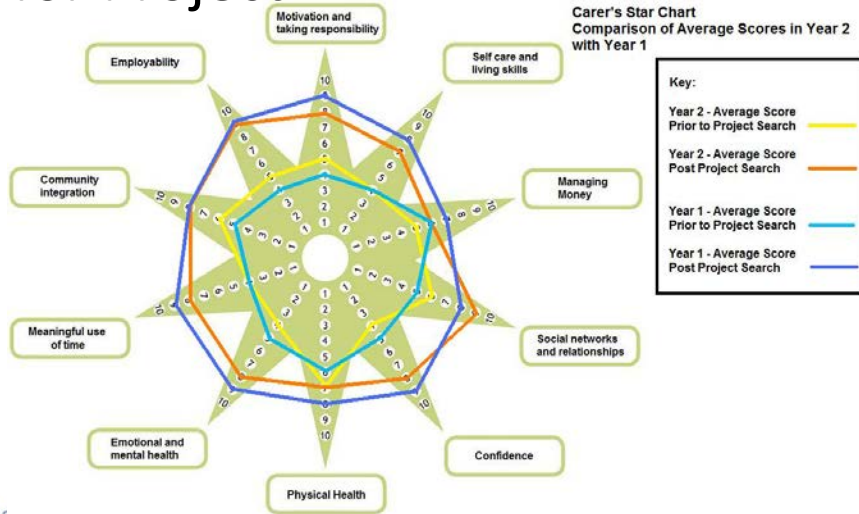
According to the CDC, there are many challenges people with disabilities face in maintaining healthy lifestyles:

- A lack of healthy food choices.
- Medications that can contribute to weight gain, weight loss, and changes in appetite.
- Physical limitations that can reduce a person's ability to exercise; lack of energy, pain.
- A lack of accessible environments (ie: sidewalks, parks, and exercise equipment) that can enable exercise.
- A lack of resources (ie: money, transportation and social support from family, friends, neighbors, and community members).



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Need for Project



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Project SEARCH is committed to supporting health and fitness education during the transition to employment.



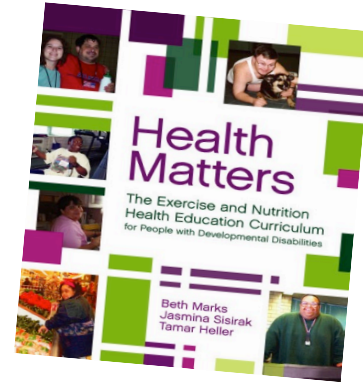
Recognized the *Health Matters Curriculum* as a valuable tool specifically designed for the population served by Project SEARCH.



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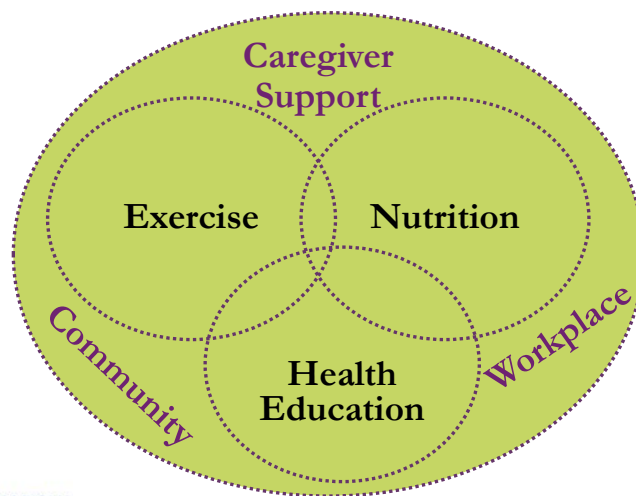
Health Matters: The Exercise and Nutrition Health Education Curriculum

- Evidenced-based curriculum for adults with I/DD
- 36 interactive lessons w/ 23 additional lifelong learning lessons:
 1. Understand attitudes toward health, exercise and nutrition.
 2. Identify current behaviors.
 3. Develop clear exercise and nutrition goals and stick to them.
 4. Gain skills and knowledge about exercising & eating nutritious foods.
 5. Support each other during class.



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Health Matters Curriculum Components



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Modified Guideline

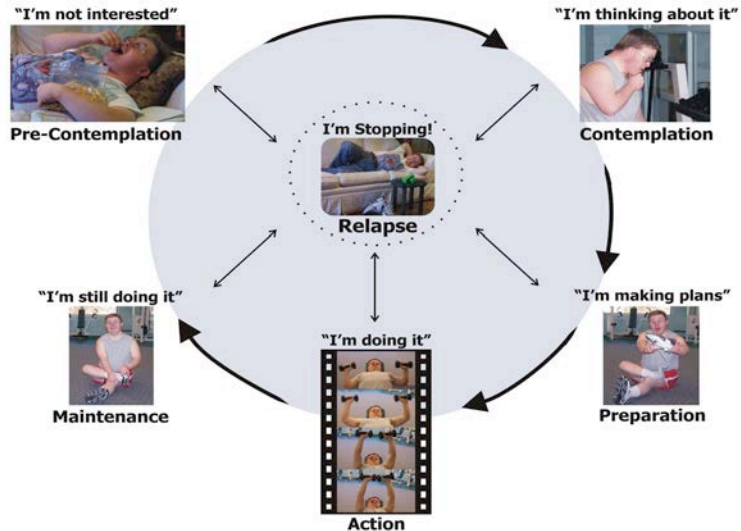
- Built upon the evidence-based Health Matters curriculum for young adults with IDD
- Most lessons have an objective directly linked to employment.
- Shortened the lessons due to variable length lessons to allow flexibility in the school year.



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Changing Health Behaviors

Becoming Physically Active and Choosing Healthy Foods Stages of Behavior Change



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How does this fit into the employability curriculum?



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How do these overlap?

Example:

Relevant Health Matters Lessons:

#13: *What are good and bad influences?*

- 5.1.6

#24: *Wants vs. Needs*

- 5.2.4

#25: *What is good pain vs. bad pain?*

#26: *How does sleep affect physical activity? (performance in general)*

- 5.1.5

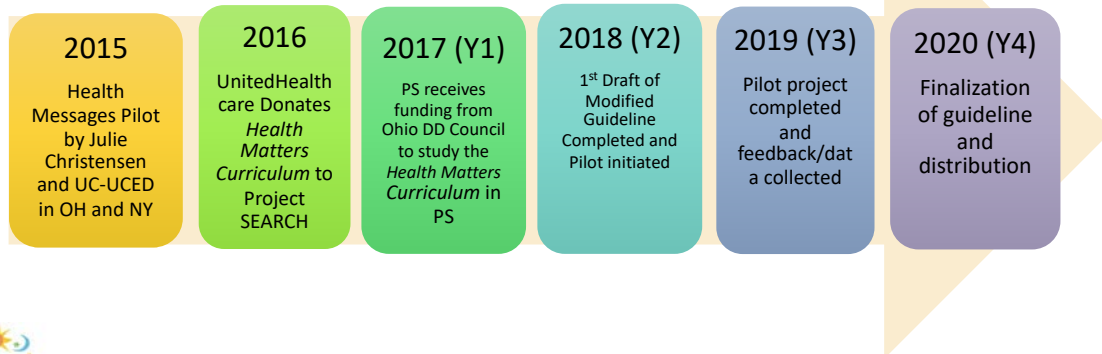
#28: *Can I exercise if I feel sick? (Can I work if I am sick?)*

- 5.2.1, 5.2.2, 5.2.3



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Background



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What we Learned from the Pilot Study

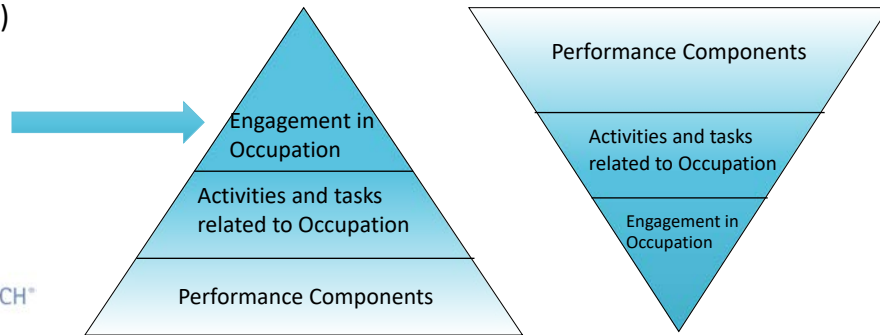
- Instructor Feedback:
 - ✓ Usability of the guidelines
 - ✓ Barriers to using guidelines as written
 - ✓ Interest and responsiveness of interns
 - ✓ Suggestions for modifying guidelines



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Site Visit Observations

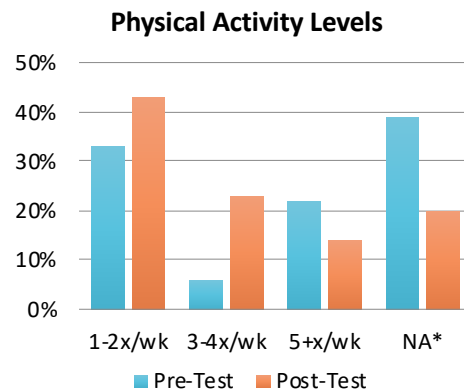
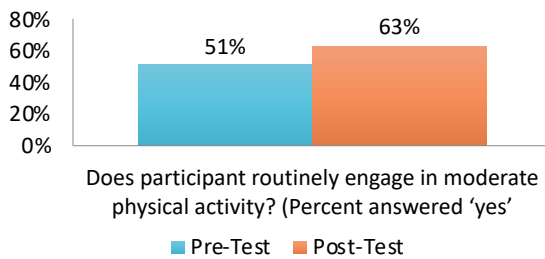
- Variety of site spaces and implementation strategies
- Food Insecurity
- The need for knowledge translation
 - From knowing to DOING (Top-Down approach instead of the Bottom-Up approach)



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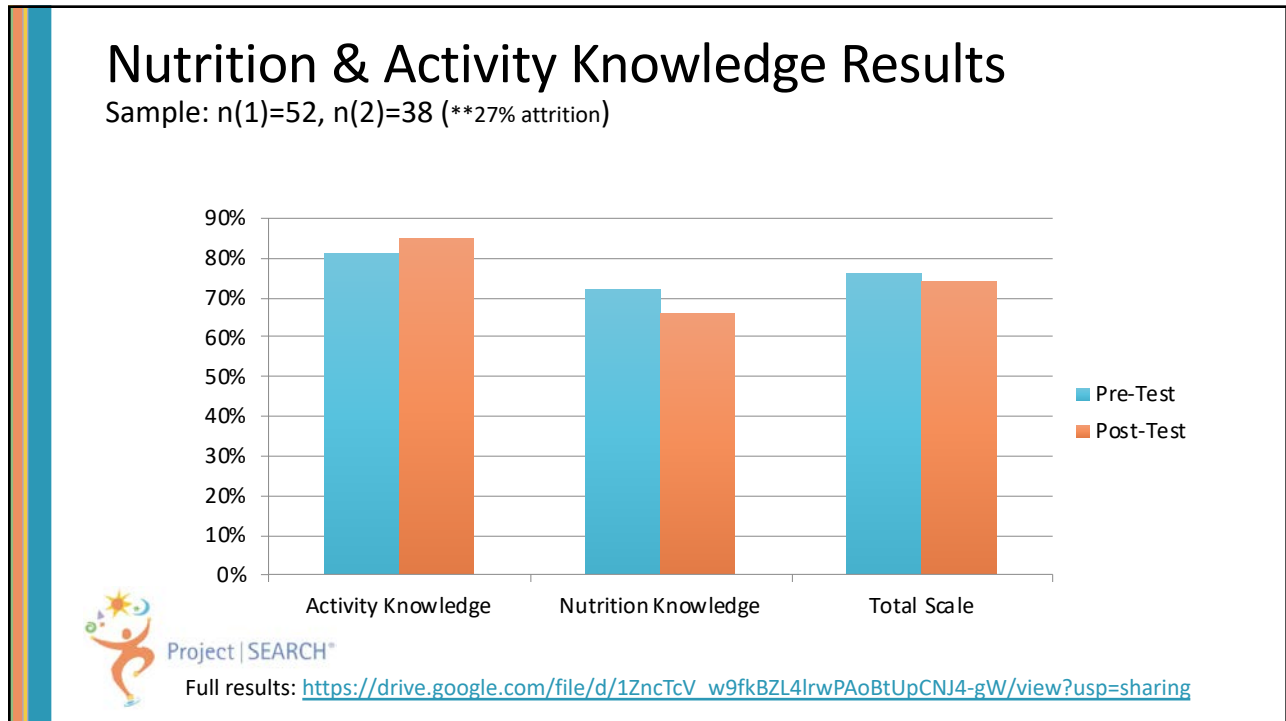
Physical Activity Results:

Sample: n(1)=52, n(2)=38 (**27% attrition)



Full results: https://drive.google.com/file/d/1ZncTcV_w9fkBZL4lrwPAoBtUpCNJ4-gW/view?usp=sharing

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Satisfaction Survey Results

Question	Yes	No
Did the HealthMatters Program make you feel better?	84%	0%
Was the Health Matters Program fun?	68%	6%
Should we do the Health Matter Program again?	74%	3%
Was it worth your time?	80%	19%
Would you recommend the program to your peers?	80%	19%

Project | SEARCH*
Full results: https://drive.google.com/file/d/1ZncTcV_w9fkBZL4lrwPAoBtUpCNJ4-gW/view?usp=sharing

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Progress to Date: Year Four

2020 Objectives: Finalize Guideline

- ✓ Continued revision of guideline
- Meet with grant advisory board for input from stakeholders
 - Currently on hold due to COVID-19
- ~~End of year Event: 5K Walk/Run~~
 - Cancelled due to COVID-19
- Finalize guidelines according to feedback and new PS lesson template
- Distribution of guidelines for instructor use



Guideline Resources

- Handouts from Health Matters
- Interactive activity descriptions
- [Kahoot! Quizzes](#)
- Discussion points & relation to employment
- Additional Resource Links

Week	Handouts	Activities
1	Definitions of Health What is Healthy to Me	1. What is Healthy to Me? 2. Comfort Zones Activities
2	What is Physical Activity? Good Things about Exercise Aerobic Exercise Tip Walking Your Way Back to Fitness	1. Kahoot! Quiz (4 Questions) Click Here 2. Things you do everyday that might be considered physical activity (walk through a typical day and point out times that are considered PA or when you can incorporate PA)
3	What to Wear Warm Up Tips Stretching Tips	1. Individual Stretching Program
4	Balance Exercises Aerobic-Aerobics What do different exercises do for my body? Borg Scale of Perceived Exertion Scale Modified Physical Activity Observation Handout	1. Yoga-like Zumba 2. Complete Balance Exercises from Handout #1 3. Strengthening: Options for in seat and simple strengthening exercises (postural)
5	MyPlate Primer	1. Food Stripes Activity
6	Community Options for Exercise Directions and Activities 11 Day	1. Visit your site cafeteria or go to a vending machine 2. Establish program goals for each individual
7	Infused News for Good News What Activity Needs the Most Energy?	2. Journal Entry: What are 3 new things I would like to try? 1. Aerobic Runners on Borg Scale
8	Good Health Habits Healthy Choices	1. Take a picture of each individual conveying something good about themselves. Have students journal and identify 4 things they think about themselves (this can be done through words or drawings) 2. Compliment Circle (give the student next to you a compliment and a high five) go around the circle until every one has had a turn.
9	What is Heart Rate? Where do I measure my Heart Rate?	1. Measure heart rate at rest, after walking around, taking the stairs, and running in place. 2. Exercise levels and maximum heart rate
10	Positive Things about Exercise How do our Medications Make Me Feel when I Exercise? Friends and Support	1. Internal and External Influences Body Templates 2. Show videos of different behaviors and ask if it is a good or bad influence (at the gym or the workplace) these will be attached to the link above



Main Changes

- Format
- More Resources
- Shorter Lessons
- Emphasis on Doing First then discussion after
- Links to Employment



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New Look!

- Uniform lesson plan to match the employability curriculum

Lesson #1: Introduction to Health Matters



Curriculum Unit: Health & Wellness	Time: 1.5 Hour	Date and Location: _
Implementation Time Frame: This is the first lesson and would be best if completed during the first few weeks of the start of the program. There is more flexibility with the following lessons as you progress through the curriculum.		
Notes to Instructor: <ul style="list-style-type: none"> • Address "Just Right Challenge" for skill layering and other opportunities for high expectations • Reference goal of employment: competitive integrated employment (16+ hours, etc.) 		
Lesson Summary: This lesson is an introduction to what health is and to gain insight into your interns' attitudes and perspectives about their health. The interns will be responsible for establishing SMART goals to improve their physical, nutritional, and/or mental health. Highlight the importance of one's health in relation to their ability to work.		
Glossary: refer to Handout "Definitions of Health"		
STEP ONE: Pre-Planning/Pre-Activities: Prepare individual folders/binders: <ul style="list-style-type: none"> • Prepare handouts: (see below) Prepare the interns about what is coming <ul style="list-style-type: none"> • Create excitement by sharing a little information on what to expect Prepare the location: <ul style="list-style-type: none"> • Prepare an open space to conduct the comfort zones activities. 		
Who Should Attend the Lesson <ul style="list-style-type: none"> • Instructors • Interns • Skills Trainers 		
What you will need: Materials & Resources		
Handouts:	1. Definitions of Health 2. What is healthy to me?	
Technology:	N/A	
Other materials needed for activities:	<ul style="list-style-type: none"> • Binder/Folder for handouts 	



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New Look!

- For the instructor:
 - Implementation Time Frame
 - Lesson Summary
 - Additional notes

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Prepare individual folders/binders:

- Prepare handouts: (see below)

Prepare the interns about what is coming

- Create excitement by sharing a little information on what to expect

Prepare the location:

- Prepare an open space to conduct the comfort zones activities.

Who Should Attend the Lesson

- Instructors
- Interns
- Skills Trainers

What you will need: Materials & Resources	
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New Look!

- Glossary
 - Key words crucial to the lesson will be defined for clear understanding

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New Look!

- Pre-Planning

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New Look!

- Handouts
- Technology needed
- Other Materials

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New Look!

- Critical Thinking Questions

Critical Thinking Questions	
	1. Knowledge / Remembering <ul style="list-style-type: none"> a. What is a SMART goal? b. What does being healthy mean to me?
	2. Comprehension / Understanding <ul style="list-style-type: none"> a. What are the different types/meanings of health?
	3. Applying <ul style="list-style-type: none"> a. What do I do to stay healthy?
	4. Analyzing <ul style="list-style-type: none"> a. What things/factors affect your health?
	5. Evaluating <ul style="list-style-type: none"> a. How does my daily routine affect my health?
	6. Creating



New Look!

- Mastery Objectives

Mastery Objectives		
Knowledge	Skills	Check for Understanding / Evaluation
What will they know as a result of the training <ul style="list-style-type: none"> • Interns will know an expanded definition of the word health. • Interns will get to know their peers better. • Interns will know what a SMART goal is. 	What will they be able to do as a result of the training <ul style="list-style-type: none"> • Interns will be able to identify things/activities that they are confident/comfortable in and those that make them uncomfortable/nervous/fearful • Interns will create individual SMART goals to improve their health. • Interns will identify factors that may affect their health. 	By the end of this training, the interns should be able to: <ul style="list-style-type: none"> • Interns will understand that their peers may have different perspectives toward health, strengths and weaknesses. • Interns will understand the importance of their health in relation to work/employment.

Safe Space	Ensure that there is a positive atmosphere created around the comfort zones activities. It is intended to highlight individuality not to single out individuals' faults. When creating SMART goals, no goals are too simple or silly if they truly reflect an area of growth for the intern.
Intern Evaluation	By the end of this training, the interns should be able to: <ul style="list-style-type: none"> • Discuss topics that the health classes will cover. • Define what health means to them. • Identify different meanings of health. • State things that may affect health. • Explain how their health is integral to their performance in their employment.
Differentiation Strategies	<ul style="list-style-type: none"> • Use journaling at the individual level for brainstorming prior to coming together as a group for discussion.
Citations & Sources	Health Matters Curriculum



New Look!

- Boundary Spanning
- What is it?
 - Reaching out to local partners and resources/experts that already exist to enrich your lessons
- Why?
 - Create relationships and partners within your community
 - Increase efficiency and share resources
 - Learn from the experts on certain topics



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Boundary Spanning	This would be a great opportunity to bring in work supervisors and potential co-workers to participate in this activity.	
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New Look!

- Intern Evaluation:
 - Lesson objectives



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	together as a group for discussion.	
Citations & Sources	Health Matters Curriculum	

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New Look!

- Differentiation Strategies:
 - Technology (Kahoot, websites, apps)
 - Teach back method
 - Breaking off into pairs and then coming back to the whole group



Mastery Objectives		
Knowledge What will they know as a result of the training	Skills What will they be able to do as a result of the training	Check for Understanding / Evaluation By the end of this training, the interns should be able to:
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New Look!

- Training Plan
 - Breakdown of the discussions and activities used in the lesson.



STEP TWO: The Training Plan	
Opening/Activator	Introduction to Health Matters
Training Components	
Time	10 minutes
Description	Group Discussion about what is health. Use handouts #1 & #2
Time	20 minutes
Description	Get up and moving with the Comfort Zones Activity. Use last five minute to reflect on activity.
Time	10 Minutes
Description	Create 1 list of factors that affect one's health. Create another list of how your health can affect your performance at work.
Time	10 minutes
Description	Introduce SMART Goals (if not already familiar)
Time	10 minutes
Description	Interns will begin to make their own Health SMART goals.
Closing	

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Activity Ideas & Resources!

- ✓ Physical health
- ✓ Nutritional Health
- ✓ Mental Health



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Physical health

Activity Ideas:

- Workout with youtube videos: Yoga, Zumba
- Standing meetings
- Post lunch walk with coworkers
- Morning stretch with Yoga Wake Up
- Keeping track of your daily steps with a fitness tracker

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Tight on time this week? Start with just 5 minutes. It all adds up!



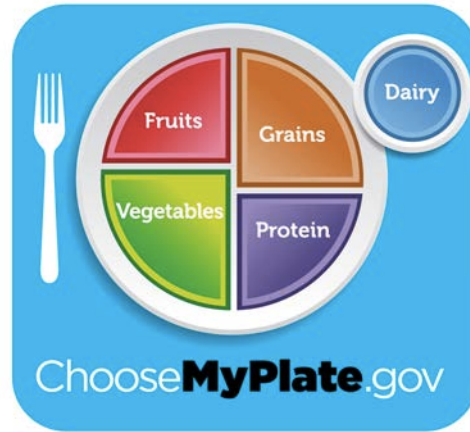
- The Johnson & Johnson Official 7 Minute Workout
- Map My Fitness
- Nike Training Club
- Zombies, Run
- Charity Miles

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Nutritional Health

Activity Ideas:


- Visits to the worksite cafeteria
- Trying new foods
- Food logs
- Healthy Food Potluck
- Making smoothies
- Water-intake tracker



- My Fitness Pal
- MyPlate
- YouFood
- Fooducate
- Plant Nanny

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Plant Nanny App




70%

We Need Water

Our body need water! Water occupies 70% of our body weight.






Excellent!

When you drink water, your plant will also gain water for growing.

Grow Up

Every time you drink a cup of water, your plant will also absorb the water. Then it will keep growing up.



Keep Health with Plant

Plant Nanny will remind you how many cups of water you need today. Be health together with Plant Nanny!



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Mental Health

Activity Ideas:

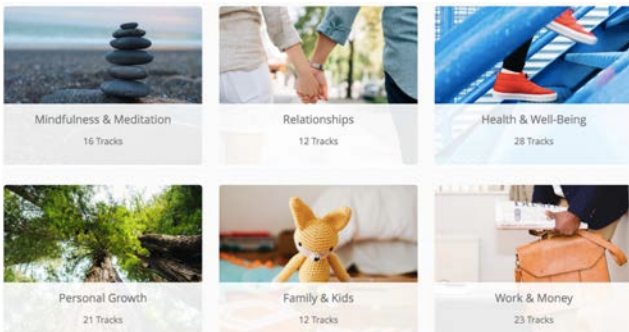
- Deep breathing
- Guided meditation
- “I can” statements
- Journaling
- Check-in Buddies



- Headspace
- Superbetter App
- Calm
- Happify
- Be Focused

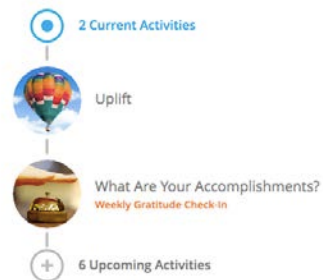
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Happify App & WebApp



Activities

Meet your Track Activity Board. Each day, we unlock three or four activities, designed to elevate your well-being skills.



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Healthy habits beyond Project SEARCH

- Equipping our interns and families with the tools they need to continue with a healthy lifestyle as they graduate from PS.
- Engaging families throughout the academic year with:
 - Newsletters
 - Take home activities/goals
 - IEP meetings/employment planning meeting



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Community Resources

- Mindbody App
- Local YMCA or community center
- Local parks & Hiking trails
- Career Tech and Community Colleges
 - Exercise Science/Fitness etc. Programs
- Private or Commercial Gyms
- Local 5K/fun run events



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What you can look forward to!

- Templates and guidance for funding through VR
- Health Calendar
- Additional online resources
- Easy access to guideline, lesson plans, and handouts on the PS member portal



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Questions?

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