

VIRTUAL COACH

HealthMatters Program*

Research based, field tested health promotion program that provides service provider organizations strategies and materials to support healthy options and choices for people with intellectual and developmental disability (IDD).

*Meets the Administration for Community Living OAA Title III-D Evidence-Based Requirements



1 THE TRAINING

HealthMatters Program Train-the-Trainer Certified Instructor Workshop

- 6-hour online
- organize and start a tailored physical activity & health education program for people with IDD

2 THE CURRICULUM

Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities

- adaptable instructor scripts for each lesson
- participant handouts & worksheets
- 59 lessons on health, exercise, nutrition, choice-making, self determination

3 THE PROGRAM

12-Week HealthMatters Program for People with IDD

- group physical activity and health education
- 36 lessons, 3x per week, 4-6 hours weekly

4 THE CLASSROOM

Virtual Coach

- multimodal supplement to the Curriculum
- 36 lessons, resources, infographics, videos
- virtual support allows for an interactive communication, feedback, resource sharing, and collaborative learning



OUR REACH

Virtual Coach:
HealthMatters Program

SINCE ITS LAUNCH IN NOVEMBER 2020

2150

received health
promotion
programming

**PEOPLE WITH INTELLECTUAL
DISABILITY**



ORGANIZATIONS



147

community based
organizations took part in the
HealthMatters Program

512

Trained and
Certified

**STAFF
MEMBERS**



STATES 37

Across the U.S., plus
Canada, the Netherlands,
and Portugal



Jasmina Sisirak, PhD, MPH
jsisirak@uic.edu



HealthMatters™
HealthMattersProgram.org



UNIVERSITY OF
ILLINOIS CHICAGO