HealthMatters Scale Up
Getting the Memo:
It’s Everyone’s Job

December 13, 2017
Getting the Memo

- **Real People** – HealthMatters for people with intellectual and developmental disabilities (IDD)
- **Practical Solutions** – Evidence based practice for community services
- **Real Changes** – HealthMatters Program Scale Up Initiative
Goals for Today

- **Real People** – People with IDD and supports

- **Practical Solutions** – HealthMatters Scale Up! Initiative in the states of Alaska, Illinois, Kentucky, Maryland, and Missouri State Teams

- **Real Changes** – Results accomplished in participating states
National Team

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University of Illinois at Chicago

RRTCDD
Rehabilitation Research and Training Center on Developmental Disabilities and Health
Real People

People with IDD have an increased risk of chronic disease

- Experience poorer health status than their peers without disabilities.
- Minimal to no access to physical activities, restricted opportunities to learn how to engage in fitness, and have diets often devoid of fruits and vegetables.
- More likely to be obese or morbidly obese as compared to overweight adults without IDD.
CVD and People with IDD

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 IDD.
- 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** 47 states are participating
- Alaska, Illinois, Kentucky, Maryland, Missouri all participating

www.nationalcoreindicators.org/states/
NCI Wellness Indicators

Does Person Routinely Engage in Moderate Physical Activity?
The proportion of people who maintain healthy habits in such areas as smoking, weight, and exercise.

In the Past Month Person Went Out for Exercise
The proportion of people who regularly participate in everyday integrated activities in their communities.

BMI - Body Mass Index
The proportion of people who maintain healthy habits in such areas as smoking, weight, and exercise.

NCI State Report: Missouri 2013-2014 (example)
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
# Practical Solutions - Research to Practice

## HealthMatters™ Program

<table>
<thead>
<tr>
<th>Year</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>1998</td>
<td>University-Based Clinical Trial (Efficacy)</td>
</tr>
<tr>
<td>2003</td>
<td>Community-Based Train-the-Trainer Trial (Effectiveness)</td>
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<tr>
<td>2008</td>
<td>HealthMatters CAP (Knowledge Transfer and Dissemination)</td>
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<td>2013</td>
<td>HealthMatters Scale-Up (Knowledge Translation and Reach)</td>
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### Ongoing Dissemination of HealthMatters Train the Trainer: Certified Instructor Workshop

- >9000 individuals with IDD served, 2500 Certified Instructors, 120 organizations, 30 states

- Illinois State-Wide Training
- New Mexico State-Wide Training
- Organizational HealthMatters Assessments
  - HealthMatters Program.org
  - Statewide Affiliates and Conferences
- State-Wide Training
  - Alaska
  - Illinois
  - Kentucky
  - Missouri
# 12-Week HealthMatters Program: Research Results

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<tr>
<th>University-Based Program</th>
<th>Community-Based Program Train-the-Trainer</th>
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**Adults with IDD**

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


**Adults with IDD**

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

Marks, Sisirak, Chang (2013)
HealthMatters Program Scale Up Objectives

- Bring health promotion to every part of Organization
- Help Organizations develop Wellness Committee and Strategic Action Plan for health and wellness
- Train a team of at least 3 staff members to become leaders in health promotion in Organization
- Train a team to deliver **12-week HealthMatters Program** to individuals with IDD
- Work with Organization to maintain health promotion activities
68 community based organizations are already participating...

- Alaska
- Kentucky
- Illinois
- Missouri
- Maryland
- North Carolina
- Nebraska

...and we are looking for more!....
Who can participate

- Motivated team from Organizations who provide supports for community living services to people with IDD.
- Organization HealthMatters Team
  - At least 3 staff working in community-based organizations providing services to people with IDD including HealthMatters Team Coordinator
  - Become Certified Instructors to teach 12-week HealthMatters Program to people with IDD
  - Read and understand English language
  - Be at least 18 years old
  - Have the time to devote to the program.
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| 3. Complete online organizational HealthMatters Assessments (15-20 minutes, staff only, 25% of workforce) | Time 1 – March 16\textsuperscript{th}, 2018  
|                                                                          | Time 2 – March 16\textsuperscript{th}, 2019   |
| 4. Create and implement Strategic Plan for health promotion             | April 2018-February 2019                      |
| 5. Attend three (3) 90-minute HealthMatters Train the Trainer Webinars (minimum 3 participants) | April 2018 (see website for dates and times) |
| 6. Deliver at least one 12-week HealthMatters Program (3 times per week, 4-6 hours per week, minimum 6 participants with IDD) | Start within 2 weeks of the last Webinar      |
Application – February 2nd 2018

- Identify a Team Leader and at least 2 additional staff members
- Complete short online application found at www.healthmattersprogram.org/ click your participating state.
- Sign Statement of Interest (Executive Director signature needed)
- Applicants will be notified by February 9th, 2018.
Wellness Committee – February/March 2018

- Individual calls to participating Organizations’ HealthMatters Team
- Emailed Wellness Committee Guide
- Orientation to the Guide
- Identification of Wellness Committee Members
- First two Wellness Committee meetings must be held before April 2018 webinars
HealthMatters Assessments– March 16th, 2018

- Online link to individual Organization HMA
- 15-20 minutes, staff only
- At least 25% of workforce (any staff member of your Organization)
- Report emailed to Organizational HealthMatters Team before webinars
HealthMatters Assessments

Strategically Balanced Approach

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
Strategic Action Plan for Health Promotion – April 2018 to February 2019

- HealthMatters Assessments Report reviewed by Organizational Wellness Committee and HealthMatters Team

- Offline work between Webinar 1 and 2 related to Strategic Action Plan

- Wellness Committee and HealthMatters Team meet regularly and discuss progress of Strategic Action Plan
HealthMatters Train the Trainer Webinars – April 2018

- Minimum of 3 staff (HealthMatters Team) take three (3) 90 minute online Health Matters: Train the Trainer webinars.

- Research online Survey 1 and 2 about health promotion advocacy, confidence, and benefits after webinars, and 12 months (5-10 min, online).

- Meet with staff colleague to prepare for each class (15 min)

- Devote 4-6 hours per week and teach a 12-week personalized health promotion program.
HealthMatters Program: Train the Trainer Webinar

There are 3 webinars, offline activities and videos, each webinar is 90 minutes. All Team members must attend webinars at the same time.

- Webinar 1
  - Getting the Memo for health, physical activity and nutrition
  - Am I ready, is my organization ready
- Webinar 2
  - Achievable goals for everyone!
  - Doing your HealthMatters Program!
- Webinar 3
  - Measuring Success
  - Keeping the HealthMatters Program Going...
Certificate

- You will receive a Certificate of Professional Development when you finish the course.
- 6 CEUs are provided for Nursing Home Administrators, QIDP, Registered Nurses, Social Workers, and Speech Language Pathologists, Physical Therapists
- Recognition for being health services friendly organization.
TOOLKIT

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

Deliver HealthMatters Program to 6 or more individuals with IDD

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

- In-state support from State Coordinator Team
- National support from HealthMatters Team
- Free consultations on Wellness Committee and Strategic Plan
- Free convenient training via webinar
- Toolkit: evidence-based Health Matters Curriculum, Workbooks, Posters, evaluation
- Certification for participating staff to teach 12-week HealthMatters Program to people with I/DD
- CEUs
Voluntary Initiative

• Remember, being in the study is up to you.
• Your participation is voluntary.
• You may stop at any time.
• Participant Information Sheet online under Quick Links
12 month health promotion initiative that aims at improving health and health promotion of people with IDD and their professional caregivers throughout the states of Alaska, Illinois, Kentucky, and Missouri.

**GOAL:** Improve health and health promotion of people with I/DD.
HealthMatters, Kentucky! State Coordinator

Lindsey Mullis, MS
Human Development Institute, University of Kentucky

http://healthmattersprogram.org/kentucky/
HealthMatters™ Program

KENTUCKY

- Joined in 2013
- Partnered with Human Development Institute at the University of Kentucky (HDI) and Kentucky Division of Developmental and Intellectual Disabilities
- 17 organizations completed training and participating in the Initiative
- 10 organizations have continued offering the HealthMatters Program beyond the first 12 week session.
- 106 Certified Instructors
- 510 people with IDD participated in 12-Week HealthMatters Program
HealthMatters, Alaska! State Coordinator

LynnAnn Baldwin Tew, MA
Center for Human Development
University of Alaska-Anchorage

http://healthmattersprogram.org/alaska/
HealthMatters™ Program
ALASKA

- Joined in 2015
- Partnered with UAA Center for Human Development and is endorsed by the Alaska Health and Disability Program, Department of Health and Human Services
- 6 organizations completed training and participating in the Initiative
- 28 Certified Instructors
- 36 people with IDD participating in 12-Week HealthMatters Program

Participating Agencies
HealthMatters, Illinois! State Coordinator

Kristin Krok, CTRS
NorthPointe Resources

http://healthmattersprogram.org/illinois/
- Joined in 2015
- Partnered with [Illinois Disability and Health Program](http://example.com) at the [Illinois Department of Public Health](http://example.com) (2015)
- 11 organizations completed training and participating in the Initiative
- 69 Certified Instructors
- 190 people with IDD participating in 12-Week HealthMatters Program
HealthMatters, Maryland! State Coordinator

Jennifer Eastman, MBA
Maryland Department of Disabilities

http://healthmattersprogram.org/maryland/
- Joined in 2017
- Partnered with Maryland Department of Disabilities
- 16 organizations completed training and participating in the Initiative
- 69 Certified Instructors
- 107 people with IDD participating in 12-Week HealthMatters Program
HealthMatters, MO! State Team

George Gotto, PhD
Health & Wellness Coordinator
UMKC – Institute for Human Development, UCEDD

Amanda George
Health & Wellness Coordinator
eitas

Christy Miller
Community Associate
UMKC – Institute for Human Development, UCEDD

http://healthmattersprogram.org/missouri/
HealthMatters™ Program

- Joined in 2015
- Partnered with University of Missouri - Kansas City (UMKC) Institute for Human Development (UCEDD) and eitas - Developmental Disability Services of Jackson County
- 7 organizations completed training and participating in the Initiative
- 19 Certified Instructors
- 37 people with IDD participating in 12-Week HealthMatters Program
HealthMatters Program in Preferred Community Services (Missouri)

Pam Green and Amber Lively
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Questions

- Ask us any questions now
- Call us: 312-953-2678
- Email us: info@healthmattersprogram.org
- Visit www.HealthMattersProgram.org

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