NEBRASKA
Getting the Memo: It’s Everyone’s Job

August 14th, 2017
Your Team

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IDD Liaison
Pathways Facilitator
Getting the Memo

- **Real People** – HealthMatters for people with intellectual and developmental disabilities (IDD)
- **Practical Solutions** – Describe HealthMatters, NEBRASKA! Initiative
- **Real Changes** – Present the changes that have already been recorded
Real People

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

- People with IDD are more overweight and obese compared to the general population.
- 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.
- Paid caregivers experience stress and burnout leading to poor health, emotional problems, unhealthy lifestyles, poor quality of life.
Practical Solutions - Research to Practice

<table>
<thead>
<tr>
<th>Year</th>
<th>HealthMatters Program</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
- Maryland
- Missouri
- North Carolina
# HealthMatters Program: Research Results

<table>
<thead>
<tr>
<th>University-Based Program Professional Led</th>
<th>Community-Based Program Train-the-Trainer</th>
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<tbody>
<tr>
<td>Adults with IDD</td>
<td>Adults with IDD</td>
</tr>
<tr>
<td>➪ exercise attitudes</td>
<td>➪ perceived health behaviors</td>
</tr>
<tr>
<td>➪ exercise self-efficacy</td>
<td>➪ exercise self-efficacy</td>
</tr>
<tr>
<td>➪ exercise outcome expectations</td>
<td>➪ nutrition/activity knowledge</td>
</tr>
<tr>
<td>➪ life satisfaction</td>
<td>➪ cholesterol &amp; glucose</td>
</tr>
<tr>
<td>➪ cardiovascular fitness, strength and</td>
<td>➪ fitness (flexibility)</td>
</tr>
<tr>
<td>endurance</td>
<td>➪ exercise &amp; nutrition socio-environmental</td>
</tr>
<tr>
<td>➪ cognitive–emotional barriers</td>
<td>supports</td>
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Marks, Sisirak, Chang (2013)
HealthMatters™ Program 
NEBRASKA

12 month health promotion initiative aimed at improving health and health promotion of people with IDD and their professional caregivers throughout the state of NEBRASKA.

**GOAL:** Improve health and health promotion of people with I/DD through NEBRASKA.
Real Changes - Matters of Support

- Supportive Environments (Organization, Community, Policy)
  - Maryland Department of Disabilities
  - CDC Disability and Health

- Social Support (Interpersonal)
  - Caregiver support
  - Peer support

- Individuals with IDD (Intrapersonal)
Initiative 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
70 community based organizations are participating

Alaska  
Kentucky  
Illinois  
Missouri  
Maryland  
North Carolina
Who can participate

- Up to 6 motivated 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
<table>
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<th>Activity</th>
<th>Deadline</th>
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<tr>
<td>1. Submit Application and Statement of Interest (online)</td>
<td>September 8&lt;sup&gt;th&lt;/sup&gt;, 2017</td>
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<tr>
<td>2. Create a Wellness Committee (if not in place)</td>
<td>September-October 2017</td>
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<tr>
<td>3. Complete online organizational HealthMatters Assessments (15-20 minutes, staff only, 25% of workforce)</td>
<td>Fee for service, $750/organization. Time 1 due October 27&lt;sup&gt;th&lt;/sup&gt;, 2017; Time 2 - TBD</td>
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<tr>
<td>4. Create and implement Strategic Plan for health promotion</td>
<td>September 2017-September 2018</td>
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<tr>
<td>5. Attend three (3) 90-minute HealthMatters Train the Trainer Webinars (minimum 3 participants)</td>
<td>January 2018&lt;br&gt;Times TBD</td>
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<td>6. Deliver at least one 12-week HealthMatters Program (3 times per week, 4-6 hours per week, minimum 6 participants with IDD)</td>
<td>Within 2 weeks of webinar training</td>
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Identify a Team Leader and at least 2 additional staff members

Complete short online application found at www.healthmattersprogram.org/nebraska/ under How to Apply?

Sign Statement of Interest (Executive Director signature needed)

Applicants will be notified by September 15th, 2017
Wellness Committee – September-October 2017

- Individual calls to participating Organizations’ HealthMatters Team
- Wellness Committee Guide
- Orientation to the Guide
- Identification of Wellness Committee Members
- First two Wellness Committee meetings must be held before January 2018 webinars
HealthMatters Assessments

- Optional, fee for service
- 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
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 – September 2017-September 2018

- 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

- 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.
TOOLKIT
Health Matters: The Exercise and Nutrition Health Education Curriculum

- Evidenced-Based Curriculum for people with IDD
- 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

Training Webinars
Objectives

Help us learn how we can best deliver webinar to train and give staff in community-based organizations the necessary skills to:

- **Assist** individuals with IDD to develop their health promotion goal.
- **Develop** a physical activity and health education program for individuals with IDD to reach their health promotion goal.
- **Teach** individuals with IDD about physical activity and nutrition.
- **Support** individuals with IDD to make long-term lifestyle changes
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…

6 CEUs given. You will learn how to use 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.
- 6 CEUs are provided for Nursing Home Administrators, QIDP, Registered Nurses, Social Workers, and Speech Language Pathologists, Physical Therapists
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 and cost

- In-state support from Joni D. Thomas, State Coordinator
- National support from HealthMatters Team
- Free consultations on Wellness Committee and Strategic Plan
- Free convenient training via webinar (paid by Nebraska Total Care)
- Toolkit: evidence-based Health Matters Curriculum ($56/curriculum), Workbooks ($20/person), Posters ($10/set)
- Organizational evaluation (HealthMatters Assessments) - $750/organization
- 12-week HealthMatters Program evaluation ($750/organization)
- Certification for participating staff to teach 12-week HealthMatters Program to people with I/DD
- CEUs ($15/person)
## Timeline – healthmattersprogram.org/nebraska/

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Questions

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

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