HealthMatters: Culturally and Linguistically Accessible Healthy Lifestyle Programs

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Health Equity and the Elimination of Health Disparities, in collaboration with the Roundtable on Health Literacy at the National Academies of Sciences, Engineering, and Medicine

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www.HealthMattersProgram.org
Real People, Practical Solutions, Real Changes

- **Access to healthy lifestyle** opportunities to improve health behaviors and health status where people live, work, learn, and play.

- **HealthMatters™ Program Initiative** – evidence-based health promotion program for people with IDD (Alaska, Illinois, Kentucky & Missouri).

- **Enhanced organizational and community capacity** to support people with IDD to incorporate healthy lifestyle into daily living.
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 adults without IDD.
Practical Solutions - Research to Practice

**HealthMatters™ Program**

<table>
<thead>
<tr>
<th>Year</th>
<th>Initiative</th>
<th>Description</th>
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<tbody>
<tr>
<td>1998</td>
<td>University-Based Clinical Trial</td>
<td>Efficacy</td>
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<tr>
<td>2003</td>
<td>Community-Based Train-the-Trainer Trial</td>
<td>Effectiveness</td>
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<tr>
<td>2008</td>
<td>HealthMatters CAP</td>
<td>Knowledge Transfer and Dissemination</td>
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<tr>
<td>2018</td>
<td>HealthMatters Scale-Up</td>
<td>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

Core concepts: self-determination, choice, self-efficacy, self-advocacy, rights and responsibilities, Universal Design (UD), UD Instruction

www.HealthMattersProgram.org
# 12-Week HealthMatters Program: Research Results

<table>
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<tr>
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<tbody>
<tr>
<td>Adults with IDD</td>
<td>Adults with IDD</td>
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<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 endurance</td>
<td>↑ fitness (flexibility)</td>
</tr>
<tr>
<td>↓ cognitive–emotional barriers</td>
<td>↑ exercise &amp; nutrition socio-environmental supports</td>
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HealthMatters Program Scale-Up Initiative

1. Initiate a 12-month health promotion initiative aims to improve health and health promotion.

2. Create **Health Friendly Services** throughout the entire CBO to:
   - Implement a **Wellness Committee**.
   - Develop a **Strategic Action Plan** for health and wellness.
   - **Certify a team** of at least 3 staff members to:
     - raise awareness of health promotion within the CBO;
     - deliver 12-week **HealthMatters Program** to people with IDD;
     - evaluate and promote successes.

3. **Develop community partnerships** to have **health friendly communities** inclusive of people with disabilities.
34 community based organizations are already participating…

Alaska
Kentucky
Illinois
Missouri
  • 195 staff
  • 729 participants with IDD

...we are partnering with more…
Hello, this is James Stephen Love, and this is my poem “The way I use to be”.

You can do what you envision
You just need will and good motivation

The way I used to be
By Stephen Love

I used to be as big as a tree
Just like my whole family
They would fill themselves with cakes and pies
And never want to exercise
When I wanted to lose weight
They called me names and filled me with hate
You’re not going to lose weight you idiot
You’re going to be fat like us you twit
But that drove me to work hard
I pushed myself from the start
I worked hard, fast, and quick
I was losing weight by the look of it
Now they look at me with pain

Features the perspective of an administrative personnel and program participant from Tri-Generations in Somerset, Kentucky about their experience with the HealthMatters Program, Kentucky! and the life changing outcomes.
HealthMatters Program: Train the Trainer Certified Instructor Webinar

- 3 Staff – 3-90 minute online Health Matters: Train the Trainer webinars
  - **Assist** people with IDD to develop health promotion goal(s).
  - **Develop and teach** a physical activity and health education program for people with IDD to reach their health goals using the Health Matters Curriculum.
  - **Support** people with IDD to make long-term lifestyle changes.
12-Week HealthMatters Program for people with IDD

- 12 weeks, 3x per week (4-6 hours)
- Customizable to meet CBO needs
- Health Matters: Exercise and Nutrition Health Education Curriculum for People with DD
  (36 interactive + 23 lifelong learning lessons)

1. Understand attitudes toward health, exercise & nutrition.
2. Identify current behaviors.
3. Develop exercise and nutrition goals.
4. Gain skills and knowledge about physical activity, exercise & nutrition.
5. Support each other.


www.HealthMattersProgram.org
HealthMatters Program Resources

1. **12-Week HealthMatters Program for people with IDD**
   - *Health Matters: The Exercise, Nutrition, and Health Education Curriculum for People With DD*
   - Behavior change

2. **HealthMatters Program: Train-the-Trainer Certified Instructor Webinar**
   - For fee
   - Part of Scale Up

3. **HealthMatters Program Research Scale Up**
   - Alaska, Illinois, Kentucky, Missouri
   - Free to participating state CBOs

www.HealthMattersProgram.org
Next: Expand Health Promotion Capacity within CBOs

1. HealthAdvocacy
   Promote health for people with DD (Evidence-informed)

2. HealthMessages
   Learn about health behaviors with peers (Evidence-informed)

3. HealthAlert: Observe & report early signs of health changes (Evidence-informed)

4. MyHealthVisit: Communicate health care issues with providers (Testing ready)

5. HealthMatters4Kids: Prevent diabetes & chronic conditions (Evidence-informed)
Questions

- Email: info@healthmattersprogram.org
- Visit: www.HealthMattersProgram.org
- Twitter.com@HealthMCap
- Facebook.com/healthmatters.cap

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