Missouri Disability and Health Collaborative Update

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Bureau of Community Health and Wellness
What is Inclusion?

• Getting fair treatment from others (nondiscrimination)
• Making products, communications and the physical environment more usable by as many people as possible (universal design)
• Modifying items, procedures or systems to enable a person with a disability to use them to the maximum extent possible (reasonable accommodations)
• Eliminating the belief that people with disabilities are unhealthy or less capable of doing things (stigma, stereotypes)

From: https://www.cdc.gov/ncbddd/disabilityandhealth/disability-strategies.html
Disability Impacts

ALL of US

Percentage of adults with functional disability types

- **13.7%** MOBILITY
  - Serious difficulty walking or climbing stairs

- **10.8%** COGNITION
  - Serious difficulty concentrating, remembering, or making decisions

- **6.8%** INDEPENDENT LIVING
  - Difficulty doing errands alone

- **5.9%** HEARING
  - Deafness or serious difficulty hearing

- **4.6%** VISION
  - Blindness or serious difficulty seeing

- **3.7%** SELF-CARE
  - Difficulty dressing or bathing

For more information go to cdc.gov\disabilities
## Disability and Health

**Adults living with disabilities are more likely to**

<table>
<thead>
<tr>
<th></th>
<th>With Disabilities</th>
<th>Without Disabilities</th>
<th>Missouri With Disabilities</th>
<th>Missouri Without Disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BE OBESE</strong></td>
<td>38.2%</td>
<td>26.2%</td>
<td>41%</td>
<td>27.5%</td>
</tr>
<tr>
<td><strong>SMOKE</strong></td>
<td>28.2%</td>
<td>13.4%</td>
<td>39.7%</td>
<td>17.4%</td>
</tr>
<tr>
<td><strong>HAVE HEART DISEASE</strong></td>
<td>11.5%</td>
<td>3.8%</td>
<td>13.7%</td>
<td>4.2%</td>
</tr>
<tr>
<td><strong>HAVE DIABETES</strong></td>
<td>16.3%</td>
<td>7.2%</td>
<td>16.3%</td>
<td>7.4%</td>
</tr>
</tbody>
</table>

For more information go to cdc.gov\disabilities (2016 BRFSS)
Adults with Intellectual and Developmental Disabilities...

- Engage in low levels of physical activity (Stanish, Temple, & Frey, 2006)
- Eat unhealthy diets (Draheim et al., 2007)
- Have high levels of obesity and related chronic disease (Sutherland, Couch, & Iacono, 2002)
- The trend in the United States is moving toward adults with mild IDD living in smaller, less supervised settings (Rimmer & Yamaki, 2006; Stancliffe, et al., 2011)
- People with IDD who live in less restrictive settings are more likely to be obese than those who live in more supervised settings (Rimmer et al., 1993, 1994; Lewis et al., 2002; Melville, et al., 2007; Rimmer & Yamaki 2006; Anderson, 2013 Stancliffe, et al., 2011)
“To support individuals with intellectual disabilities to be included in and have access to the full range of evidence-based physical activity and nutrition programs provided through public health programs within Missouri.”
Missouri Strategies

1. Partnerships
2. Capacity building
3. Training and technical assistance
Year One: Statewide Needs Assessment

- **Phase 1:** Comprehensive literature review on health and wellness supports for people with ID.

- **Phase 2:** Community-based systems modeling. To gain insight into the conceptual and causal relationships community members attribute to policies and practices that impact participation of individuals with ID in public health nutrition and physical activity programs.

- **Phase 3:** Community Health Inclusion Index Organizational Assessment. Collected data from public health organizations.
56% LPHAs have at least one policy about inclusive programs
39% offer some disability awareness training for staff
70% offer at least some accommodations for people with disabilities
75% are part of a wellness coalition but only seven of these include someone representing the disability perspective and only eight set goals related to the needs of people with disabilities
77% reported that disability inclusion was a concern
2017 Needs Assessment Key Findings

• Relationships are important to people with ID
• Materials must be accessible
• Public health staff need training
• Outreach strategies influence participation
• Public health agencies want to be more inclusive
Impact Years 1-3

• Improved level of collaboration between MDH Advisory Committee members

• Increased availability of inclusive public health physical activity and nutrition strategies

• Increased knowledge of physical activity and nutrition among care assistants, service providers and family members

• Increased awareness of public health staff related to health and disabilities
Collaborative Website

https://www.modhc.org/

Build Partnerships

Community Health Inclusion Sustainability Planning Guide

A guide to creating an Inclusive Health Coalition (IHC) in your community.

Read full guide here.

Resources to Build an Inclusive Healthy Community

NCHPAD provides access to a variety of resources for inclusive community health transformation, including guidelines and guidebooks, toolkits, and assessment tools.

Community Health Inclusion Index

YouTube Video: Community Health Inclusion Index (CHII)

This video provides an overview of the Community Health Inclusion Index (CHII), a set of survey tools developed by the National Center on Health, Disability, and Physical Activity.

See the video here.

NACCHO: Health & Disability Toolbox

A free collection of local public health tools. Choose Health and Disability from the drop down list of toolkits to see available resources.
Year Three Activities

• Advisory Committee
• Charting the LifeCourse for Health events
• Partnership with Building Communities for Better Health
Charting the LifeCourse for Health

Kansas City event, March 22, 2019
Upcoming Charting the LifeCourse for Health Events

April 23, 2019
Joplin Public Library Community Room West
1901 East 20th Street
Joplin, MO 64804
Register by April 20

May 17, 2019
Special Olympics Training for Life Campus
305 Special Olympics Dr.
Jefferson City, MO 65101
Register by May 14
Building Communities for Better Health
Upcoming Webinar

Universal Design
University of Kentucky
Human Development Institute
Elaine Eisenbaum & Lindsey Mullis

May 22, 2019
1:00 – 2:00 PM

http://stateofmo.adobeconnect.com/unvdesign/
Posters

Get Your Blood Pressure Checked

I stay active by playing basketball!
Next Steps—Implementation

- **Partnerships**—additional Charting the LifeCourse for Health events, Advisory Committee
- **Training and TA**—focus on training about making policies inclusive of people with ID
- **Implementation**—three county pilot
- **Communications**—communications plan
Thinking Ahead to 2021