

Kansas Disability & Health Program

CDC All States
End of Project Period Presentation
June 8, 2021

Program Target Areas:
Physical Activity, Oral Health, and Nutrition

<https://ihdps.ku.edu/dandhkansas>

This project was funded under CDC cooperative agreement CDC-RFA-DD16-1603: *Improving the Health of People with Mobility Limitations and Intellectual Disabilities through State-based Public Health Programs*. The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



Disability and Health Program
kansans with disabilities can be healthy

KU LIFE SPAN
INSTITUTE
The University of Kansas

Feeling Good About Your Smile



Evidence Base:

Axelsson, Per, B. Nyström, and Jan Lindhe. (2004). The long-term effect of a plaque control program on tooth mortality, caries and periodontal disease in adults. *Jour of Clin Periodontology* 31.9: 749-757.

Fejerskov, O. (1997). Concepts of dental caries and their consequences for understanding the disease. *Community Dentistry and Oral Epidemiology* 25.1 5-12.

Rugg-Gunn, A. J. (1990). Diet and dental caries. *Dental Update* 17.5: 198-201.

Purpose, implementation, population, reach and outcomes:

Feeling Good About Your Smile is a 90-minute program developed with Oral Health Kansas. It is a fun, interactive learning session for adults with IDD designed to help them improve their oral health; delivered initially by dental hygienists but then by service providers (train the trainer).

- 21 sessions completed across Kansas with 190* participants (virtual option in Yr 5)
- 83% of participants improved on at least 1 item from pre- to post-test (e.g., knowing which foods are good and bad for teeth, choosing water to drink when thirsty)

Lessons learned:

It is helpful to have assistants attend to reinforce new behaviors with learners.

Note: We also developed oral health resources for people with mobility limitations.

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Stoplight Healthy Living

Evidence base:

Extends the existing evidence-based Stoplight Diet, expanding its focus to include increased physical activity and water consumption



Purpose, implementation, population, reach and outcomes:










This 6-session (1.5 hrs/session) group intervention teaches distinguishing healthier foods from less healthy and unhealthy foods; delivered in-person or virtually to adults with IDD.

- 13 six-session deliveries completed across Kansas with 107 participants
- 76% of participants improved on at least 1 item from pre- to post-test in Year 5

Lessons learned:

- Evaluation needs to be via multiple formats.
- Sustaining changes in behavior requires ongoing support.

Which food is the healthiest to eat?  

 Orange  	 Cheeseburger  	 Cake  
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WOWii: Workout on Wheels, internet intervention

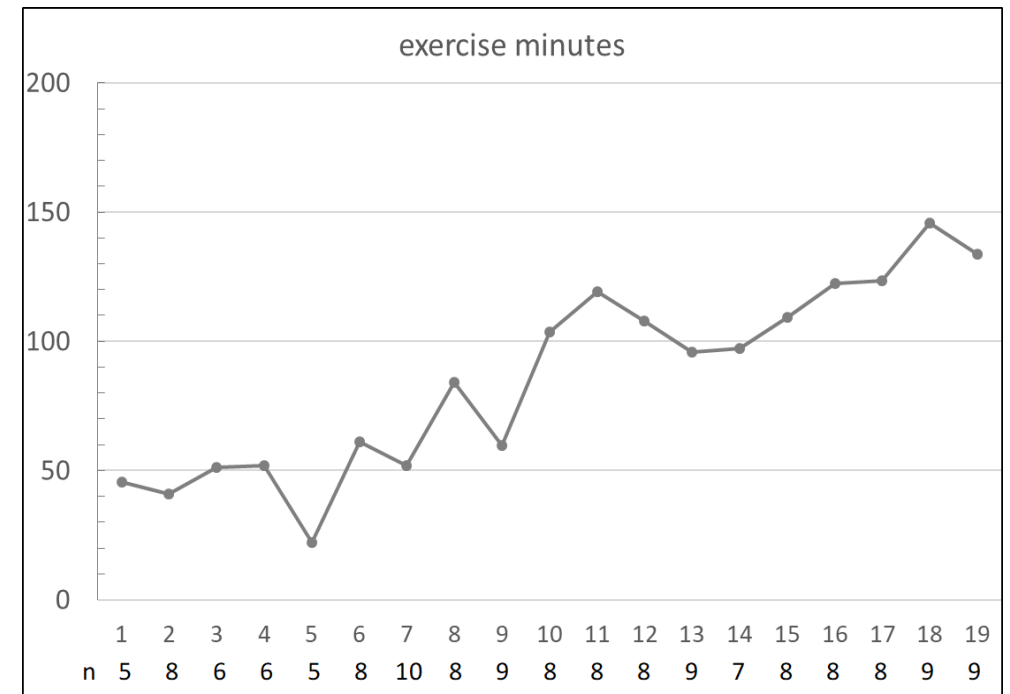
Evidence base:

Froehlich-Grobe K et al. (2014). Exercise for everyone: A randomized controlled trial of project workout on wheels in promoting exercise among wheelchair users. *Archives of physical medicine and rehabilitation*, 95(1):20-8.

Ochoa, C. et al. (2019, November). Effectiveness of an online intervention in addressing Self-Efficacy and Barriers to Exercise Among Individuals with Spinal Cord Injury. APHA's 2019 Annual Meeting and Expo (Nov. 2-Nov. 6). American Public Health Association.

Purpose, implementation, population, reach and outcomes: WOWii is a 16-week online program that addresses behavioral skills for initiating and maintaining an exercise routine for adults with mobility limitations. All participants (10) completed 16 weekly Zoom group sessions, building toward a goal of 150 minutes of exercise per week.

Lessons learned: Weekly meetings served as accountability checks and motivated positive behavior.



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Community Health Environment Checklist

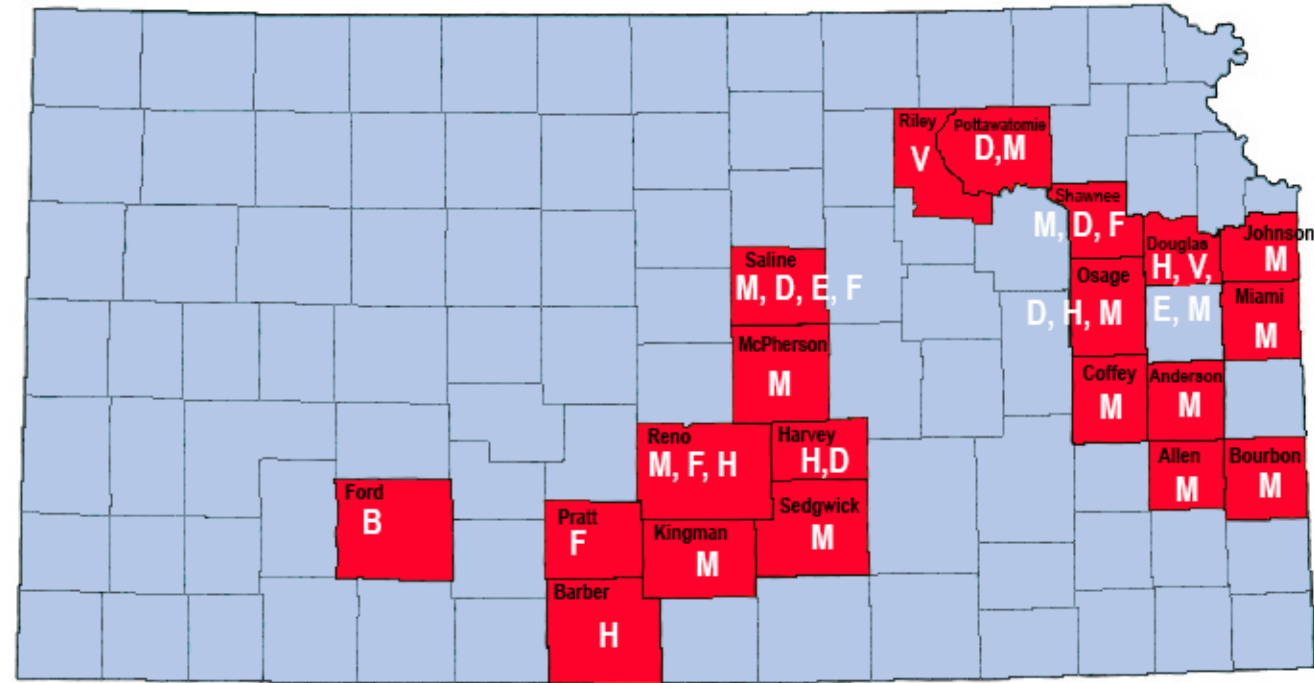
Evidence base:

Stark, S., et al. (2007). Development of a measure of receptivity of the physical environment, *Disability and Rehabilitation*, 29:2, 123-137.

Purpose, implementation, population, reach and outcomes:

We partnered with centers for independent living to assess the disability usability of health-related facilities across the state and identify needed changes.

- Estimated reach based on the number of people with mobility disabilities in each county was **95,273**.
- Outcomes included: installation of adjustable exam tables, wheelchair lift, lowered reception counters, and Braille signage; consultation on new construction; changes to accessible parking spaces; and addition of disability to curriculum.



Service Provider Type	F=Fitness Facility
B=Behavioral Health	H=Health Department
D=Dental Clinic	M=Medical Clinic
E=Eye Clinic	V=Veterinary Clinic

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