

Missouri Disability and Health Collaborative

"To support individuals with intellectual disabilities to be included in and have access to the full range of evidencebased physical activity and nutrition programs provided through public health programs within Missouri."

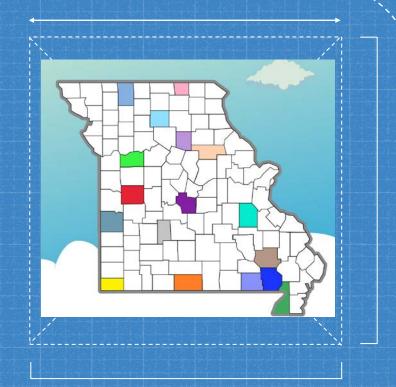
-- Pat Simmons, Bureau Chief, Community Health and Wellness



Building Communities for Better Health

Implementation Process:

- Worked with four communities over two years to implement PSE strategies inclusive of people with intellectual disabilities
- Coalition representative of community
- Assessment process
 - CHANGE/Community Health Inclusion Index assessment
 - Readiness
- Ongoing training and technical assistance



Outcomes

- Total population of pilot communities: 24,533
 - " % population with disability: ~4,411
- Increased representation of people with IDD
- Change in culture
- Increased community knowledge of issues
- PSE changes in every community
 - Policy to allow care givers access
 - Caroline carts
 - Active transportation plans
 - Accessible parks





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.

Lessons Learned



Partnerships

- Right people at the right time
- Maximize reach



Communication

 Continually communicate big picture and next steps



Networking

 Find inspiration in each other



Continuous Feedback

- Not as hard as we thought it would be
- Celebrate small wins



Adapt

- Don't start from scratch
- Be open to change

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