Iowa’s Health Care Provider Training Program

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Purpose

• IDPH works through local community-based organizations, disability service organizations, and local public health to implement program, policy, systems, and environmental changes

• Changes implemented focused on increasing physical activity, improving nutrition, or reducing obesity among people with IDD and/or mobility limitations

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.
PPSE Changes

• 35 mini-grants
• 2 statewide projects, 33 local projects
• Reach through year 4:
  o 727,538 people

<table>
<thead>
<tr>
<th>Area</th>
<th>Number of Changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programmatic</td>
<td>22</td>
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<tr>
<td>Policy</td>
<td>0</td>
</tr>
<tr>
<td>Systemic</td>
<td>7</td>
</tr>
<tr>
<td>Environmental</td>
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Lessons Learned

• Programs must have a disability and health/wellness champion
• Personal stories are essential to engagement and impact
• Staff at disability service organizations may lack understanding of nutrition or physical activity
• Many organizations default to programmatic changes, so technical assistance is needed to support them in making PSE changes as well
• Helpful to offer a community of practice for support and additional ideas

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Thank You!

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