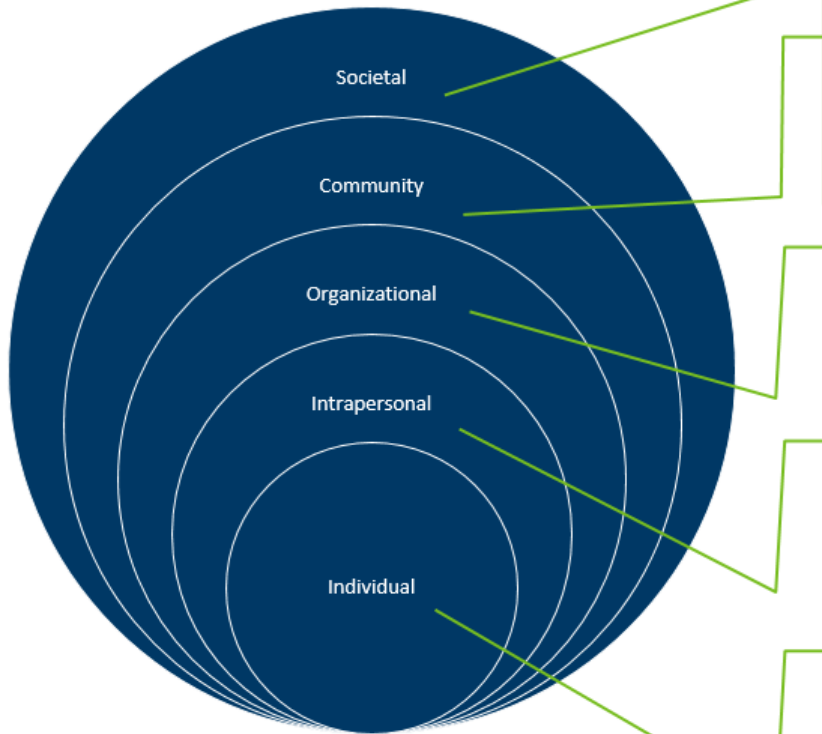


# Minnesota's 1603 Approach

## Social-Ecological Model



- Advisory Committee work around learning from pilot programs in Blue Earth County
- Advisory Committee input on how to implement best practices statewide
- Implement best practices statewide
- Pedestrian planning process pilot in Blue Earth County
- Walk! Bike! Fun! curriculum adaptation pilot in two schools
- Partner awareness and collaboration in program/initiatives
- Food and physical activity environment and policies at VINE
- Relationships and support in Diabetes Prevention Program
- Relationships and support in Walk! Bike! Fun! course
- Walk! Bike! Fun! curriculum
- Diabetes Prevention Program



Strategies for 1603: Improving the Health of People with Mobility Disabilities Grant

# Modified National DPP for People with Mobility Limitations

## Overview

- The Minnesota Department of Health has worked with the University of Minnesota Extension, Centers for Independent Living, local community senior centers and physical therapy clinics to make the National DPP appropriate for people with mobility limitations
- The modifications created are for the lifestyle coaches to refer to as they offer the program to be inclusive of those experiencing mobility limitations
- Created supplemental recruitment tools and strategies to engage people with mobility limitations into the lifestyle change program

## Deliverables

- Enhanced the lifestyle coach training notes to include tips on including people with mobility limitations
- Created modified lifestyle coach toolkit to include people with mobility limitations in the National DPP
  - Modified registration forms to collect disability and identify locations of pain
  - Recruitment strategies
  - Tips for selecting appropriate locations/ delivery options to be inclusive to all

## Impact

- 6 modified curriculum programs have been piloted with 4 different partners in both rural and urban locations
  - Incorporated virtual platform as an option for delivery
- Share learnings and modified toolkit with Minnesota Lifestyle Coaches at statewide conference in June

# Inclusive Pedestrian Planning

## Overview

- The Minnesota Department of Health worked with Alta Planning + Design, This Inclusive Life, and a workgroup of people with disabilities to improve pedestrian planning processes.

## Deliverables

- Inclusive Walk Audit guidance developed
- Practitioner training developed and implemented
- Planning for inclusive pedestrian improvement demonstration projects

## Impact

- Bridged the gap between transportation practitioners and people with disabilities
- 15 people with disabilities on the work group
- 9 Inclusive Walk Audit Guidance trainings held for 250+ practitioners statewide



# Inclusive Walk! Bike! Fun!

## Overview

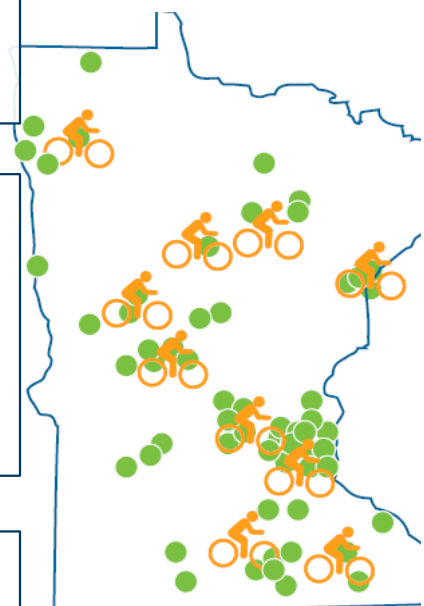
- The Minnesota Department of Health worked with the Bicycle Alliance of Minnesota and Twin Cities Adaptive Cycling to make the State's youth bicycle and pedestrian safety curriculum inclusive to youth with disabilities
- The curriculum is taught in schools throughout the state

## Deliverables

- Inclusive Walk! Bike! Fun! Curriculum developed including updated classroom instruction, resources, and graphics
- Teacher training developed and implemented
- Additional resources, including access to adaptive equipment, provided to teachers and schools
- Supported the implementation of a new online platform for training and resources

## Impact

- Helped teachers make the successful Walk! Bike! Fun! Program available to students of all abilities
- Partnership with Twin Cities Adaptive Cycling established
- 10 adaptive curriculum trainings held for 203 teachers statewide



## MINNESOTA WALK! BIKE! FUN!



**WALK! BIKE! FUN!** is a comprehensive curriculum that teaches safe traffic behavior through classroom activities and on-the-bike skills practice. The goals of the extensive lesson plans are to teach skills to children to walk and bicycle safely, build confidence, and help them stay safe, active, and healthy.

## 203 Educators

Physical Ed., Health, DAPE, Science, Classroom Teachers, Public Health, Community Education, Park and Recreation Departments



# Thank you!



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