Minnesota Department of Health

1603 Advisory Committee
• All subcontractors
• Some work group members
• State level advisors

Diabetes Prevention Program Modification
• University of Minnesota Extension
• Centers for Independent Living
• Work Group members

Inclusive Pedestrian Planning
• Alta Planning + Design
• This Inclusive Life
• Work Group members

Inclusive Walk! Bike! Fun!
• Bicycle Alliance of Minnesota
• Twin Cities Adaptive Cycling
• Work Group members

Minnesota’s 1603 Approach

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.
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

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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

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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

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Thank you!

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