

Missouri Disability and Health Collaborative

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

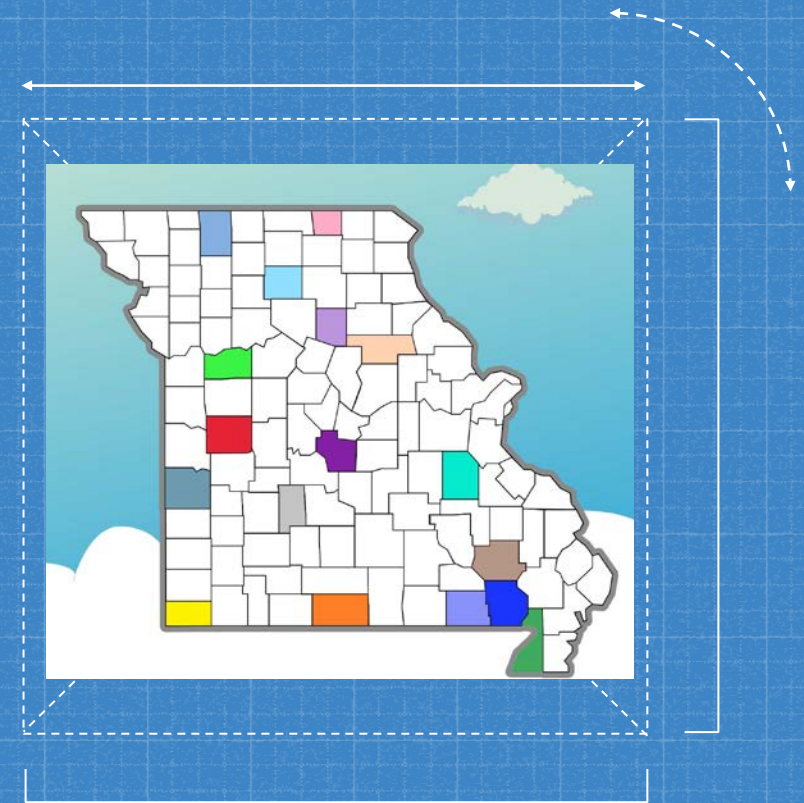
Pat Simmons, Bureau Chief, Community Health and Wellness



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



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