Oregon Office on Disability and Health

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PSE: Oregon Health Equity Definition

• **Purpose:** Address system level inequities that contribute to worse health outcomes for people with disabilities

• **Implementation Process:**
  – OODH participated in Oregon Health Policy Board’s Health Equity Committee
  – Shared data on health and socioeconomic inequities impacting people with disabilities in Oregon and advocated for the need to address these inequities
  – Provided input on agency-wide health equity definition

• **Outcomes:** Adopted definition includes people with disabilities as a priority population. This definition informs Oregon Health Authority priorities and efforts statewide. [https://www.oregon.gov/oha/OEI/Pages/Health-Equity-Committee.aspx](https://www.oregon.gov/oha/OEI/Pages/Health-Equity-Committee.aspx)

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Taking Charge of My Health Care Toolkit

• Purpose: Develop a toolkit for adults with IDD to help them advocate for their health care.

• Implementation Process
  – Target population: Adults with IDD and their caregivers
  – Reach/setting: Toolkit is freely available online
  – Collaborations: Oregon Self Advocacy Coalition, OHSU UCEDD, Oregon DD Council, experts on module topics

• Outcomes: Toolkit includes
  – 12 modules with videos, worksheets, and PowerPoints
  – Factsheets about health topics

• Link to toolkit: https://www.ohsu.edu/oregon-office-on-disability-and-health/taking-charge-my-health-care-toolkit

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Walk with Ease (WWE)

- **Purpose:** Adapt group WWE intervention to virtual setting
- **Implementation Process**
  - Partnered with Oregon State University extension office to create a WWE toolkit that is accessible and inclusive of people with disabilities
  - Piloted a virtual class last summer
- **Outcomes:**
  - 100% of participants gained knowledge of benefits of physical activity
  - 100% said the program helped them be physically active
  - 96% said they intended to continue physical activity after the class ended

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