

# Welcome

Office for State, Tribal, Local and Territorial Support  
*presents . . .*

**CDC Vital Signs**  
**Increasing Physical Activity**  
**Among Adults with Disabilities**

May 13, 2014  
2:00–3:00 pm (EDT)



Centers for Disease Control and Prevention  
Office for State, Tribal, Local and Territorial Support

# Agenda

<b>2:00 pm</b>	<b>Welcome &amp; Introductions</b>	<b>Dan Baden, MD</b> Associate Director for External Partner Outreach and Connectivity, Office for State, Tribal, Local and Territorial Support, CDC
<b>2:04 pm</b>	<b>Presentations</b>	<b>Dianna Carroll, PhD</b> Senior Health Scientist, Division of Human Development and Disability, National Center on Birth Defects and Developmental Disabilities, CDC  <b>Jevetra Devlin, MPH, CHES</b> Project Manager, Interagency Office of Disability and Health, Department of Epidemiology and Biostatistics, University of South Carolina, Arnold School of Public Health  <b>Candice Lee, MSA</b> Project Coordinator, Disability and Health Unit, Michigan Department of Community Health  <b>Meghan Faulkner, MA</b> Community Health Associate, Arthritis Program, Michigan Department of Community Health
<b>2:30 pm</b>	<b>Q&amp;A and Discussion</b>	<b>Dan Baden, MD</b>
<b>2:55 pm</b>	<b>Wrap-up</b>	
<b>3:00 pm</b>	<b>End of Call</b>	



# **Vital**<sup>CDC</sup>signs™ Teleconference

to support STLT efforts and build momentum around the monthly release of CDC *Vital Signs*



# **CDC *Vital Signs* Town Hall Increasing Physical Activity Among Adults with Disabilities**

**Dianna D. Carroll, PhD, MS**

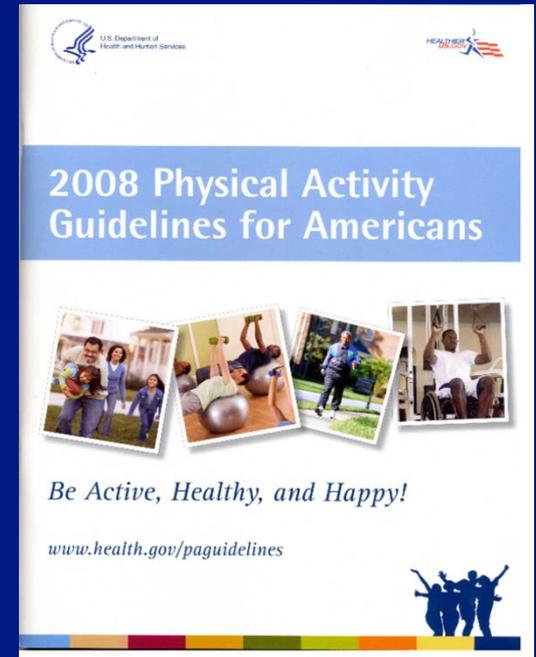
Senior Health Scientist  
Division of Human Development and Disability

Scientist Officer, US Public Health Service

May 13, 2014

# Physical Activity is for Everybody...and Ability

- ❑ *The 2008 Physical Activity Guidelines for Americans* recommend that adults get 2.5 hours of moderate-intensity aerobic physical activity each week for substantial health benefits
- ❑ These guidelines are for all adults *including those with disabilities*
- ❑ Can be achieved in multiple bouts of activity throughout the week lasting as little as 10 minutes
- ❑ Physical activity lowers risk of heart disease, stroke, high blood pressure, diabetes, certain cancers, and depression

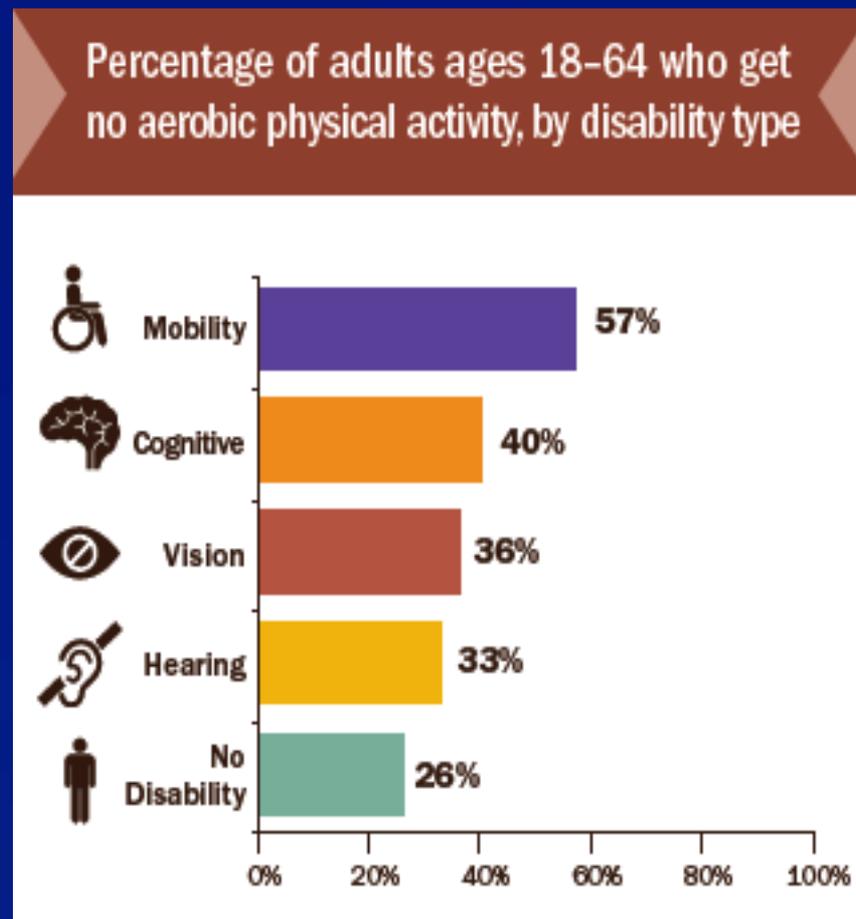


## Key Evidence

- ❑ More than 21 million adults aged 18–64 have a disability—a serious difficulty walking or climbing stairs, hearing, seeing, concentrating, remembering, or making decisions
- ❑ Nearly half (1 in 2) of all working age adults with disabilities in the US who don't report being unable to do physical activity get no aerobic physical activity
  - ❑ Inactive adults with disabilities are 50% more likely to have cancer, diabetes, stroke, or heart disease than those who get the recommended amount of physical activity
- ❑ Although only 44% of adults with disabilities who visited a doctor in the past 12 months got a physical activity recommendation
  - ❑ They were 82% more likely to be physically active compared with those who did not receive a recommendation

## Key Evidence

Regardless of disability type, adults with disabilities have a higher prevalence of getting no aerobic physical activity compared with adults without a disability



## People with Disabilities Have Identified Barriers to Physical Activity

- ❑ Limited information on accessible facilities and programs
- ❑ Physical barriers in the built or natural environment
- ❑ Physical or emotional barriers to participating in physical activity
- ❑ Lack of training in accessibility and communication among fitness and recreation professionals

# What Can Be Done?

## ❑ States and communities can

- ❑ Bring together adults with disabilities, health professionals, and community leaders to address resource needs to increase physical activity
- ❑ Make sure physical activity, recreation, and sport-based program opportunities are accessible to adults with disabilities
- ❑ Incorporate community features such as proper curb cuts on sidewalks, ramps for wheelchair access, and well-maintained trails to improve safe access to public places for physical activity
- ❑ Encourage fitness and recreation facilities to have low-counter front desks for wheelchair users, family changing areas in locker rooms, push-button operated doors and elevators

# Acknowledgements

## **Division of Human Development and Disability/NCBDDD**

- ❑ Elizabeth Courtney-Long
- ❑ Alissa Stevens
- ❑ Michelle Sloan
- ❑ Carolyn Lullo
- ❑ Susanna Visser
- ❑ Michael Fox
- ❑ Brian Armour
- ❑ Vincent Campbell
- ❑ Stephen Luce
- ❑ Jennifer Meunier
- ❑ Trang Nguyen

## **Office of the Director/NCBDDD**

- ❑ Coleen Boyle
- ❑ Kyresa Westbrook
- ❑ Stuart Shapira
- ❑ Laura Baldwin
- ❑ Candice Hoffman
- ❑ Betsy Mitchell
- ❑ Melody Stevens

## **Division of Nutrition, Physical Activity, and Obesity/NCCDPHP**

- ❑ David Brown
- ❑ Joan Dorn
- ❑ Deborah Galuska

# Thank you!

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Visit: [www.cdc.gov](http://www.cdc.gov) | Contact CDC at: 1-800-CDC-INFO or [www.cdc.gov/info](http://www.cdc.gov/info)

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.

National Center on Birth Defects and Developmental Disabilities

Division of Human Development and Disability



# **Increasing Physical Activity Among Adults with Disabilities: Progress in South Carolina**



**Jevettra Devlin, MPH, CHES**

**Project Manager**

**University of South Carolina**

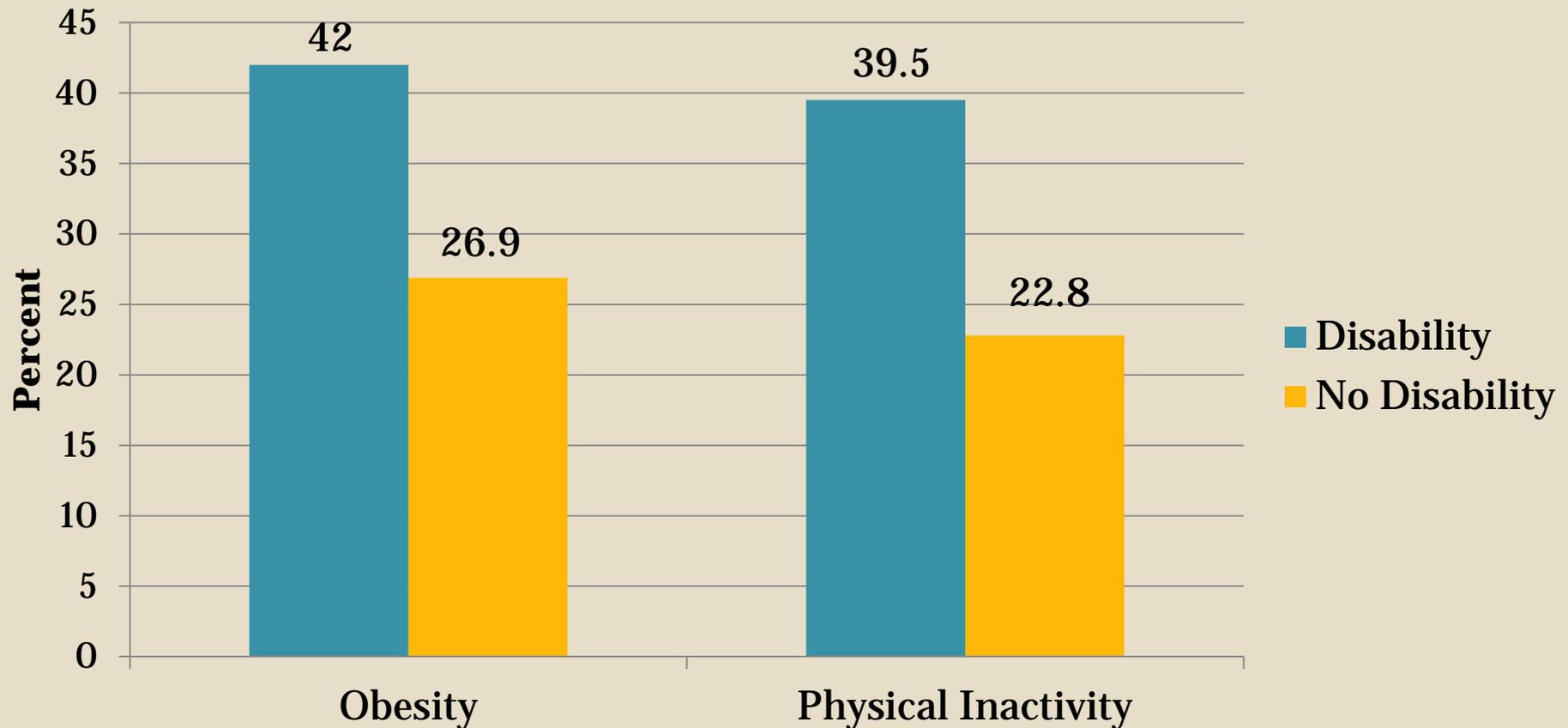
**Arnold School of Public Health**

**Department of Epidemiology and Biostatistics**

# South Carolina Statistics



## Obesity and Physical Inactivity



# Steps To Your Health (STYH)



- **What is the STYH Program?**
  - 10-week evidence-based program designed specifically for individuals with intellectual disabilities, brain injury, and associated conditions
  - The goal of the program is to develop healthy behaviors through exercise, a healthy diet, stress reduction, and health maintenance
- **Key Partnerships**
  - University of South Carolina
  - SC Department of Disability and Special Needs
  - Disability Service Agency (ABLE-SC)

# Impact & Results



- **Impact**

- Over 5,200 participants from 40 of the 46 counties in South Carolina have completed the program
- Over 200 health professionals have been trained on how to facilitate the STYH program

- **Results**

- Participants on average had a weight loss of at least 5 lbs.
- 70% of participants are able to increase/maintain their physical activity

# Weight Management Education



- **Trainings for Health Professionals**
  - Over 800 medical students trained about the care for people with disabilities including weight management, proper nutrition, not smoking, and physical activity
  - Expanded into other specialties (technical schools) using video modules
    - ✦ Overview of disability
    - ✦ Proper communication (“person first” language)
    - ✦ Physical assistance for people with mobility disabilities

# Equipment Accessibility



- Issue—Weight can only be managed if it can be tracked. Yet, people with mobility disabilities are unable to weigh themselves.
  - 2% of accessed facilities have an accessible scale
- Partners
  - Health Department—Best Chance Network
  - Office of Rural Health



# Key Successes



- **Accomplishments**

- Purchased two wheelchair accessible scales
- Purchased water bottles and exercise bands

- **Lessons Learned**

- Team effort from family and staff members
- Information reinforcement
- Understanding how lessons can be incorporated into everyday life
- Identifying organizations whose mission is similar to yours

**Thank you!**



**Jevettra Devlin, MPH, CHES**

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Candice Lee, MSA—Disability Health Program  
Meghan Faulkner, MA—Arthritis Program  
Michigan Department of Community Health

# Enhance Fitness and Adults with Disabilities



# *About EnhanceFitness*

- Evidence-based group physical activity program
- Designed for older adults to improve functional fitness and well-being
- Developed by Project Enhance of Senior Services in Seattle in partnership with the University of Washington and Group Health Cooperative



# *More about EnhanceFitness*

- Consists of
  - Aerobic Strength Training
  - Balance
  - Flexibility
- Highly adaptable
  - From fit to frail
- 90 classes offered at 76 sites in MI in FY 13;  
4,000 participants



# *Evidence-based*

The class is proven to

- Increase strength
- Improve balance & flexibility
- Improve mood



# *How did we support inclusion?*

- Improved data collection about disability  
26% of participants report having a disability
- Provided training on accessible facilities, disability etiquette
- The golden rule of inclusion
- Ongoing demonstration of access and inclusion



# *Lessons learned*

- Michigan's preference is to integrate, rather than create separate programming
- Begin with an intervention that is inherently inclusive or has potential
- Annual conference provides ongoing tools and support for instructors and program coordinators

# Any questions?

## Our contact information

- Meghan Faulkner, Community Health Associate  
Michigan Arthritis Program  
[FaulknerM@Michigan.gov](mailto:FaulknerM@Michigan.gov)
- Candice Lee, Project Coordinator  
Disability Health Unit  
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# CDC *Vital Signs* Electronic Media Resources

Become a fan on Facebook

[www.facebook.com/cdc](http://www.facebook.com/cdc)

Follow us on Twitter

[twitter.com/CDCgov/](http://twitter.com/CDCgov/)

Syndicate *Vital Signs* on your website

<http://tools.cdc.gov/syndication/search.aspx?searchURL=www.cdc.gov%2fvitalsigns>

*Vital Signs* interactive buttons and banners

[www.cdc.gov/vitalsigns/SocialMedia.html](http://www.cdc.gov/vitalsigns/SocialMedia.html)

# Public Health Practice Stories from the Field

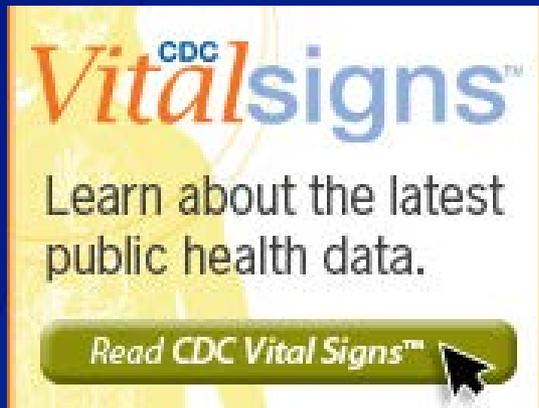
- Stories about the implementation of Public Health Practice Stories from the Field



[www.cdc.gov/stltpublichealth/phpracticestories](http://www.cdc.gov/stltpublichealth/phpracticestories)

Provide feedback on this teleconference:

[OSTLTSFeedback@cdc.gov](mailto:OSTLTSFeedback@cdc.gov)



Please mark your calendars for the next  
***Vital Signs Town Hall Teleconference***

**June 10, 2014**

**2:00–3:00 pm (EDT)**

**For more information, please contact Centers for Disease Control and Prevention.**

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