

MISSOURI DISABILITY AND HEALTH COLLABORATIVE

Idea Mapping

Public health agencies in Missouri already use successful strategies to increase physical activity and healthy eating in their communities. We needed to know how to reach people with intellectual disabilities (ID) and include them in these strategies.

How do we make public health strategies accessible for people with ID?

The Missouri Disability and Health Collaborative met with stakeholders in 5 Missouri communities to answer these questions:



- What do individuals with ID think?
- What do family members think?
- What do public health and disability professionals think?

41 Professionals

25 Family members

9 Adults with ID

5 Missouri communities -
St. Joseph, Kansas City,
Columbia, Springfield, and East Prairie

WHO PARTICIPATED?

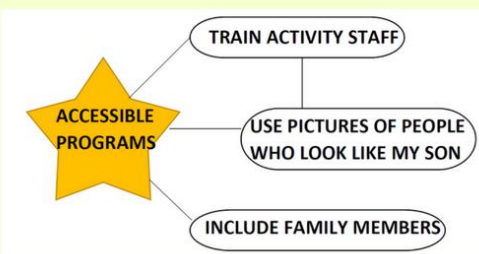


WHAT HAPPENS IN A MAPPING SESSION?

Across the state, all participants answered the same questions about what makes it hard to access healthy lifestyle resources and what could make it easier. They also drew lines to show how

their answers connect.

For example, "use more pictures of people who look like my son" might be connected to "train staff."



*Sample answers only; actual map not shown.

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Heather and her mom, Paula, took part in the Idea Mapping.

The maps, along with other needs assessment data, will help public health agencies design materials and programs so that Heather and other adults with IDD can benefit and participate alongside their peers without disabilities.

WHAT DID THE MAPS TELL US?

Four key strategies can reduce barriers and make fitness and nutrition strategies more accessible.

1

STAFF TRAINING: Provide training on health risk factors for people with ID, effective communication, and accommodations

2

UNIVERSAL DESIGN: Make environments, print materials, websites, and activities easy for all audiences to use and understand

3

OUTREACH AND INFORMATION: Target family and staff, use inclusive images, hold activities in convenient locations, and ask the community where to place information

4

INTERAGENCY PARTNERSHIPS: Public health and disability organizations can work together to improve accessibility and inclusion

Other popular responses from participants include:

- Make activities fun
- Allow support people to participate
- Lower costs
- Provide transportation

WHAT HAPPENS NOW?

Together with other needs assessment data, the idea maps tell us how to reach our goal. In the next year Missouri Disability and Health Collaborative will use this data to:

- provide training and resources to public health staff
- work with stakeholders to revise selected fitness and nutrition strategies

Ultimately, public health departments statewide will have the tools and capacity to make all their strategies and programs fully accessible and inclusive.