

# Missouri Disability and Health Collaborative

## 2017 Needs Assessment Key Findings



### Relationships are important to people with ID:

Many need family or staff to go with them to community events. Programs should allow a support person to accompany an individual and should recognize the importance of meeting that person's needs, too.



### Materials must be accessible:

People with ID cannot benefit from health promotion activities if they have trouble understanding the materials or concepts. Universal Design for Learning offers principles to make materials usable for all audiences.



### Public health staff need training:

Public health staff must have the knowledge and resources to include people with ID. Training can help address barriers to access.



### Outreach strategies influence participation:

People with ID often do not know about healthy lifestyle resources. Best practices include targeting family and staff, using inclusive imagery, and asking the community where to place information.



### Public health agencies want to be more inclusive:

Needs assessment data indicate strong interest in accessibility and inclusion. We can use the Key Findings to shrink the gap between intention and practice.

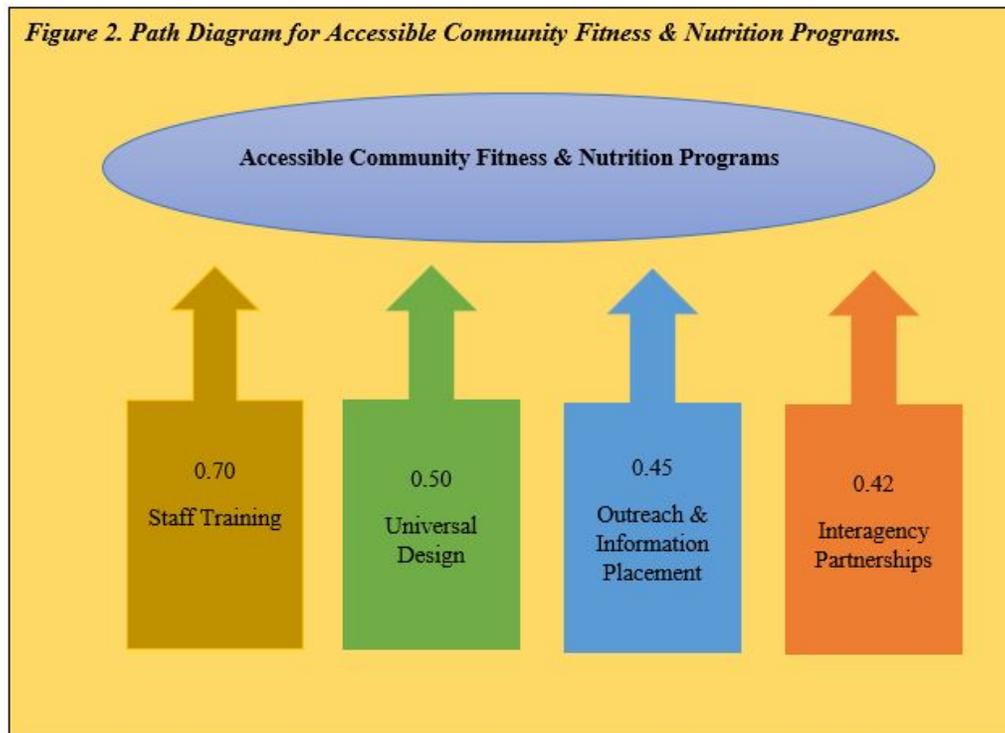
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## CHII Organizational Assessment Survey: Highlights

- 56% of public health agencies have at least one policy that programs should be inclusive
- 39% offer some disability awareness training for staff and 70% offer at least some accommodations for people with disabilities
- 75% [42] are part of a wellness coalition but only 7 of these include someone representing the disability perspective and only 8 set goals related to the needs of people with disabilities
- 90% of agencies say their leadership supports enhanced inclusion
- 43% of agencies reported that disability inclusion was a strong or very strong concern, and 34% said it was a moderate concern.

## Idea Mapping: Highlights

Using responses from 41 professionals, 25 family members, and 8 adults with ID, we identified four key strategies that can reduce barriers and make fitness and nutrition strategies more accessible.



## Literature Review: Highlights

*Themes:* We reviewed 19 articles on physical activity, nutrition, health promotion, and/or community participation for people with ID. The articles provided evidence for what works to make community programs accessible and inclusive for people with ID. Some of the most important themes were:

- Support from family, peer mentors, and staff
- Social support, enjoyment, and rewards
- Accessibility of health promotion materials and programs
- Self-efficacy (believing in your own ability to do something)
- Attitudes about disability
- Staff and volunteer training
- Cost
- Transportation
- Perception of risk (people with ID or their support people worry about safety)

*What works:* A few of the articles describe successful programs and strategies. These include volunteer or peer mentoring, goal setting, combined exercise and health education programs, including people with ID in the development of programs, and exposing community program staff to new ideas and attitudes about ID.