



# Kentucky Inclusive Health Collaborative

Our mission is to ignite positive change to address the significant health disparities for individuals with disabilities across the lifespan. We ...

[www.wellness4ky.org](http://www.wellness4ky.org)

Over 385,000 People Reached Through Outreach Campaigns

Kentucky's Division of Developmental and Intellectual Disabilities

**ESTABLISH** resources and community partnerships as well as provide technical support to promote accessible health programs and services.



**EDUCATE** individuals on adaptive health strategies and train professionals on inclusion, accessibility, universal design, and facilitation of health programming for the broadest audience.

**EMPOWER** self-advocates, support networks, professionals, and public health to work together to successfully incorporate strategies for equal health for all.



# Intervention:

## Disability & Health, Universal Design in Health

- **Purpose of Intervention:** increase the number of training sites where professionals and community members are trained to facilitate the implementation of inclusive strategies
  - **Target Population:** health professionals & community members
  - **Reach:** 51 trainings to over 2650 individuals in 3 years
  - **Collaborations:** local, state, and national organizations
- **Measurable Outcomes:**
  - 95% agreed or strongly agreed:
    - “The training content increased my awareness on health disparities and inequality.”
    - “The training increased my knowledge on strategies that will promote health inclusion for individuals with varying mobility and cognitive limitations.”



# 47 Partner Organizations



**Kentucky Public Health**  
Prevent. Promote. Protect.



# 16 Curricula Over 130 Resources

## Triglyceride Facts

LDL "Bad" Cholesterol + HDL "Good" Cholesterol + Triglycerides/S = Total Cholesterol

Triglyceride is fat found in blood.

The body can make triglyceride from food high in fat, carbohydrates and sugar.

Too much fat in the blood can clog blood vessels.

This can raise the risk for heart attack and stroke.

**What should YOUR triglyceride level be?**

- 500 mg/dL ↑
- 450 mg/dL
- 400 mg/dL
- 350 mg/dL
- 300 mg/dL
- 250 mg/dL
- 200 mg/dL
- 150 mg/dL ↓

**TIPS TO LOWER triglycerides**

- MOVE MORE**: Aim to be active for at least 30 minutes a day.
- HEALTHY WEIGHT**: Focus on getting to your healthy weight.
- SLOW DOWN ON SUGAR**: Limit or reduce sugar intake.
- DO NOT SMOKE**: Using tobacco or vaping can increase triglycerides.
- LIMIT ALCOHOL**: Lower intake or avoid alcoholic drinks.

**My Action Plan**  
What are my numbers today?

**DAILY FOOD CHOICES**

Food Group	BEST
Fats and Oils	Use sparingly Olive or Canola Oil Avocado
Desserts and Sweets	Low-fat or no sugar options Sugar-free Gelatin
Beverages	No added sugars Water Tea
Meat and other Protein	Remove all visible fat Lean Beef Chicken Fish
Dairy	Skim, 1%, lowfat or fat-free, unflavored Skim Milk
Grains	100% whole grains Whole Grain Bread
Fruit	Fresh, frozen or canned with no added sugar
Vegetables	Fresh, frozen or canned

Kentucky Public Health

## Simple Persian Salad

Makes 4 servings; 1 cup per serving  
Per serving: 88 Calories; 0.5 g Saturated Fat; 86 mg Sodium

**Ingredients**

- 2 medium cucumbers
- 4 medium tomatoes
- 1 medium red onion
- 1/4 cup fresh parsley or mint, OR 1 tablespoon dried parsley or mint
- Fat-free feta cheese
- Juice from 2 fresh limes
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon black pepper

**Tools Needed**

- Measuring cups & spoons
- Spoon
- Whisk
- Knife
- Plastic Wrap
- 2 Bowls
- Cutting board
- Refrigerator

Directions: Wash and dice the cucumbers and onion.



## KENTUCKY DISABILITY & SMOKING RATES

### FACTS & DANGERS

**35%** Adults in Kentucky have some type of disability  
\*CDC 2018, BRFSS 2017

**36.1%** Kentuckians with disabilities are current smokers vs

**18.7%** KY population who smoke

**14%** US population who smoke

**Tried to quit smoking in the past 12 months**

- 47.4% (With a Disability)
- 45.5% (Without a Disability)

**KEY**

- With a Disability
- Without a Disability

Kentuckians with disabilities have a higher risk of cancer, heart disease and stroke.

Condition	With a Disability	Without a Disability
Cancer	9.6%	5.8%
Heart Disease	14.8%	5%
Stroke	8%	1.4%

Condition	With a Disability	Without a Disability
E-CIG use	7.4%	5.9%
ASTHMA	20%	7.2%
COPD	21.9%	4.9%

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## give your PORTION SIZES a helping hand

**A clenched fist = 1 cup, a serving of fruit**

**A fingertip = 1 teaspoon, a serving of butter or sugar**

**The front of a closed fist = 1/2 cup, a serving of nuts**

**A ring finger = 2 ounces, a serving of cheese**

**A palm = 3-4 ounces, a serving of meat**

**Cupped hands = 1 cup, a serving of fruits or vegetables**

**A thumb = 2 tablespoons, a serving of peanut butter**

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