

FOA DD16-1603: End of Project Period Presentations

Michigan Disability Health Program

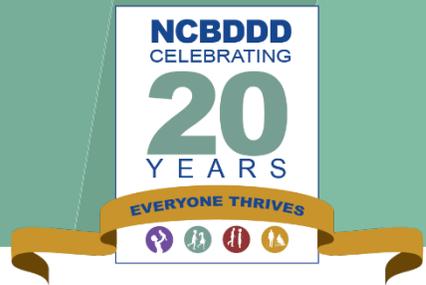


Alice Frame, Michigan Disability Health Program

Implemented several EBPs over the funding cycle – primary focus will be EnhanceFitness, Personal Action Toward Health, and Diabetes Prevention Program

Total EBP reach (Years 1-4):

- 42 locations that serve people with disabilities
- More than 500 participants with disabilities



EnhanceFitness



- 3x/week physical activity program originally designed for older adults. Inherently accessible, as all exercises can be done standing, supported, or seated. We further increased inclusion with disability awareness and competency training for EF instructors.
- [Evidence](#) base indicates participants demonstrated a 52% improvement in depression, 35% improvement in physical function.
- Purpose: safe, accessible community physical activity option for people with IDD
- Implemented w/ National Kidney Foundation of Michigan in 9 locations that serve people with IDD; total 226 participants
- Our outcomes: 80% of participants maintained or improved upper body strength/endurance; 90% maintained or improved lower body strength/endurance; and 30% maintained or improved balance and agility.
- Lessons learned: Consider nontraditional partnerships. Improving access to existing programs with strong infrastructure and community presence makes programs easier to find, increases reach and improves sustainability. *Fun programs sustain themselves!*



Personal Action Toward Health (PATH)



- PATH is Michigan's name for the Chronic Disease Self Management Program developed at Stanford University – one of the most widely used and thoroughly researched chronic disease programs in the US.
- [Evidence base](#) indicates participants demonstrated greater energy, more exercise, increased well being, improved health status and greater self efficacy.
- Purpose: increased tools and techniques to manage chronic conditions, including disability
- Implemented w/ National Kidney Foundation of Michigan in 15 locations that serve people with IDD; total 175 participants
- Our outcomes: 90% of completing participants intend to continue with physical activity, healthy eating and making action plans. 80% intend to continue using techniques they learned for better sleep. 70% intend to continue using tools they learned for weight management, decision making and communication with family and health providers.
- Lessons learned: Adapt the implementation, not the content.

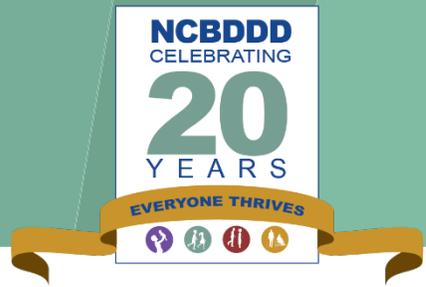


Diabetes Prevention Program (DPP)



- Pilot project using the principles of the CDC-recognized Diabetes Prevention program for people with IDD, using the ‘buddy system’ (including caregivers) and picture-based food trackers.
- Evidence base indicates participants achieved weight loss of 5-7% of their body weight and reduced the risk of developing type 2 diabetes by 58% in adults at risk for the disease.
- Purpose: determine the efficacy of the DPP in this population.
- Implemented w/ state UCEDD in 3 locations that serve people with IDD; total 47 participants
- Our outcomes:
 - Pilot cohort focus group/survey data for adapted tracker feasibility and likeability:
 - 100% responded that the food guide helps them find food choices that are low in fat and calories
 - 67% said the trackers were easy to use all the time, the 33% said they were easy to use some of the time
- Lessons learned: Involve family/caregivers in programming for people with IDD.

Example feedback from participant: One participant’s mom always packed two cookies in her lunch everyday. The participant not only stopped eating them but asked her mother to stop packing them because it wasn’t a healthy choice.



- Additional highlights:
 - NKFM trained past participants as program aides
 - The Developmental Disabilities Institute created trainings on accessible recruitment and effective use of the buddy system in program retention
 - Virtual options of EBPs were implemented during COVID-19