



# Missouri Disability and Health Collaborative

*“To support individuals with intellectual disabilities to be included in and have access to the full range of evidence-based physical activity and nutrition programs provided through public health programs within Missouri.”*

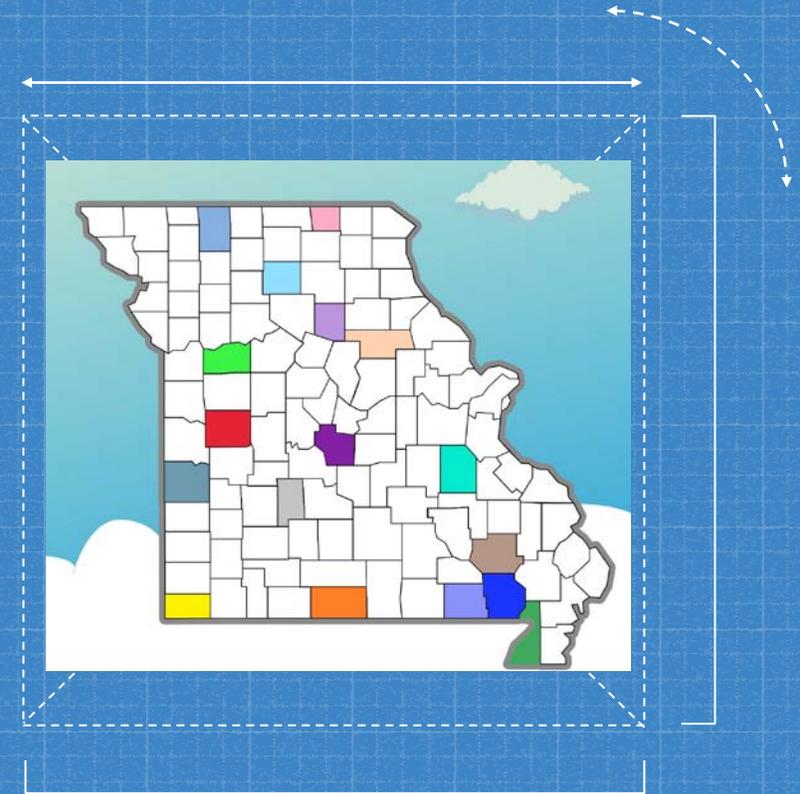
Pat Simmons, Bureau Chief, Community Health and Wellness



# Building Communities for Better Health

## Implementation Process:

- Worked with four communities over two years to implement PSE strategies inclusive of people with intellectual disabilities
- Coalition representative of community
- Assessment process
  - CHANGE/Community Health Inclusion Index assessment
  - Readiness
- Ongoing training and technical assistance



# Outcomes

- Total population of pilot communities: 24,533
  - % population with disability: ~4,411
- Increased representation of people with IDD
- Change in culture
- Increased community knowledge of issues
- PSE changes in every community
  - Policy to allow care givers access
  - Caroline carts
  - Active transportation plans
  - Accessible parks



# Lessons Learned



## Partnerships

- Right people at the right time
- Maximize reach



## Communication

- Continually communicate big picture and next steps



## Networking

- Find inspiration in each other



## Continuous Feedback

- Not as hard as we thought it would be
- Celebrate small wins



## Adapt

- Don't start from scratch
- Be open to change