



Oregon Office on Disability and Health

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June 8, 2021

This project was funded under CDC cooperative agreement CDC-RFA-DD16-1603: *Improving the Health of People with Mobility Limitations and Intellectual Disabilities through State-based Public Health Programs*. The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

PSE: Oregon Health Equity Definition

- Purpose: Address system level inequities that contribute to worse health outcomes for people with disabilities
- Implementation Process:
 - OODH participated in Oregon Health Policy Board's Health Equity Committee
 - Shared data on health and socioeconomic inequities impacting people with disabilities in Oregon and advocated for the need to address these inequities
 - Provided input on agency-wide health equity definition
- Outcomes: Adopted definition includes people with disabilities as a priority population. This definition informs Oregon Health Authority priorities and efforts statewide.
<https://www.oregon.gov/oha/OEI/Pages/Health-Equity-Committee.aspx>

Taking Charge of My Health Care Toolkit

- Purpose: Develop a toolkit for adults with IDD to help them advocate for their health care.
- Implementation Process
 - Target population: Adults with IDD and their caregivers
 - Reach/setting: Toolkit is freely available online
 - Collaborations: Oregon Self Advocacy Coalition, OHSU UCEDD, Oregon DD Council, experts on module topics
- Outcomes: Toolkit includes
 - 12 modules with videos, worksheets, and PowerPoints
 - Factsheets about health topics
- Link to toolkit: <https://www.ohsu.edu/oregon-office-on-disability-and-health/taking-charge-my-health-care-toolkit>

Walk with Ease (WWE)

- Purpose: Adapt group WWE intervention to virtual setting
- Implementation Process
 - Partnered with Oregon State University extension office to create a WWE toolkit that is accessible and inclusive of people with disabilities
 - Piloted a virtual class last summer
- Outcomes:
 - 100% of participants gained knowledge of benefits of physical activity
 - 100% said the program helped them be physically active
 - 96% said they intended to continue physical activity after the class ended

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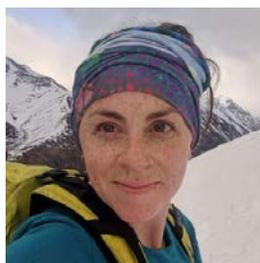
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