

A wide-angle photograph of a desert landscape at sunset. In the foreground, a large, weathered rock formation with a natural archway stands prominently. The sky is a mix of deep blue and orange, with wispy clouds. The background shows rolling hills and a valley under the soft light of the setting sun.

Utah

DD16-1603 End of Project Period

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Partnerships

Utah Disabilities Advisory Committee (UDAC)

- 40+ partner organizations and individuals with disabilities
- Four workgroups: Membership, Capacity and Infrastructure, Communication and Education and Awareness

Programs and Divisions within the Utah Department of Health

- Bureau of Health Promotion (BHP), Office of Health Disparities, Office of Health Care Statistics, Medicaid, others

**UTAH
Disabilities
Advisory
Committee**

Working together to enhance inclusion

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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.

Building capacity



Training/instruction

In partnership with UDAC, conducted Community Health Inclusion Index (CHII) Organizational Assessments to identify gaps in disability inclusion in programs and services

Disability 101 Training

- State of Utah employees-primary target audience (20,000+ employees)
- Collaboration with the UDAC and the Utah Developmental Disabilities Council to develop content for training
- 98 Utah Department of Health, Bureau of Health Promotion employees trained
- 1 Policy passed

NCHPAD Inclusive Workshops

- 32 lifestyle coaches trained
- 2 master trainers trained
- 3 dietitians trained
- 3 registered nurses trained
- 50+ participants in leadership positions within the Department of Health, and from partner organizations trained

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Data - Increased access to and use of BRFSS disability data



- Eliminated barriers of access to data for public health professionals and increased use of the data by public health professionals
- The purpose was to sustainably increase health promotion programs' awareness of needs among people with disabilities and in turn allow the programs to use the data within grant applications and work plans to ensure people with disabilities would be included within their efforts and interventions.
- Two Parts:
 - Make the BRFSS disability data queryable via Utah's online system ([IBIS-PH](#)).
 - BHP epidemiologists create an indicator report of their topic areas by disability status to be included in the annual legislative Public Health Outcome Measures Report.
- 8 indicators now include a view by disability status (Tobacco use, Arthritis, Asthma, Obesity, Diabetes, Hypertension, High blood cholesterol, and an entire indicator dedicated to disability prevalence).
- Disability and Health Report has been shared extensively (includes info about GRAIDs (Guidelines, Recommendations, Adaptations, Including Disability))
- Lessons learned or reflections
 - Data is the “why” for this work and therefore is foundational to sparking action among health promotion colleagues and other partners.
 - Subtle changes in infrastructure or systems can make a profound difference on impact and sustainability

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PPSE- Teaching Obesity Prevention (TOP Star) in Adult Day Programs



- Literature basis: Evaluations of the initial TOP Star Program and the strength of PSE changes as opposed to 1-time interventions
- Purpose of the intervention: PSE changes within day program settings to better support adults with disabilities
- Process:
 - Admin survey - understand environment and policies in day programs for adults with disabilities
 - Focus Groups – understand typical practices around food and physical activity in day programs, hear from those with disabilities, and determine need
 - Updated TOP Star Modules for Day Programs
 - 2 Pilot Sites selected (beginning of 2019)
- Measurable outcomes: 2 sites completed the pilot of TOP Star, 34 staff trained, and policies enacted around nutrition, physical activity, and TOP Star training.
- Lessons learned or reflections:
 - It takes a lot of work to modify an existing program, but it's worth it!
 - The finalized TOP Star program for disability settings is now fully integrated within a learning management system
 - Next steps is to scale out it's dissemination by using the University of Utah dietetics program.

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Utah-Resources



- Disability and Health Report <https://health.utah.gov/disabilities>
- IBIS Indicators <https://ibis.health.utah.gov/ibisph-view/indicator/Index.html>
- Disability 101 Training <https://utah-disabilityandhealth.sabacloud.com/>
- UDOH Social Media <https://www.facebook.com/UtahDepOfHealth>
- Utah Tobacco Quit Line https://livingwell.utah.gov/docs/bhpguide/bhpGuide_QuitLine.pdf
- Website to house resources is coming soon! Contact Anna abraner@utah.gov or Stephanie sgeorge@utah.gov for more information.

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