Implementing Health Promotion for People with Disabilities: Process Evaluation of a Pilot HealthMatters™ Program*

JoAnn Abbott, DNP
Delaware Division of Developmental Disabilities

NO DISCLOSURES; Human Subjects EXEMPT

* Source Abbott, J, 2016
What is the PROBLEM being addressed?

Nationwide, and in Delaware, adults with disabilities experience:

- LOW rates of activity
- Many BARRIERS to being active
- Higher rates of OBESITY, DIABETES
- Higher health care utilization & costs
Introducing HealthMatters™

STAFF TRAINING
* Train-the-Trainer

- *3 hr. sessions
  - 1.5 hr. webinar on Curriculum &
  - 1.5 hr. of implementation planning

Staff Trainer-led Pilot CURRICULUM**

12 weeks

- **1.5-3 hrs.
  - 3 times per week over 12 wks.

Pilot Supported by U of Delaware, ARC and DDDS.
The Learning Curve with HealthMatters™ Curriculum

A researched, field tested Curriculum developed to teach people with intellectual disabilities how to:

- develop clear exercise and nutrition goals
- develop an exercise routine
- improve their health knowledge
- and promote self-determination
IMPLEMENTATION of HealthMatters™ (HM) Pilot

"REACH"
PARTICIPANTS, STAFF and PCP ENGAGEMENT

"FIDELITY"
Comparison of Pilot with HM Program

"SETTING"
Staff surveys Assessment of organization

"COSTS"

SWOT
(Strengths Weaknesses Opportunities Threats)
REACH: PARTICIPATION & ENGAGEMENT

High participation of the 10 adults with IDD

- 8 of 10 completed all 12 weeks
- participated in the exercise and nutrition curriculum

Comments
“...it was fun...helped my pain”
“...made friends...feel better...”

High Primary Care Providers’ (PCPs) Participation

- 100% of PCPs provided written responses allowing for the participation in the exercise and nutrition curriculum
We learned that taking the curriculum to the families and other support staff is necessary to sustain healthy behaviors.
“FIDELITY”, or Compliance, of HealthMatters™ Pilot’s Implementation with HealthMatters™ Program Design

✓ Staff Trainers completed training and were certified
✓ All PCPs were notified and approved
✓ Ten (10) participants enrolled (6-10 target)
✓ All 36 sessions of the Curriculum were presented
✓ De-identified Data collection completed
**“SETTING” or environment of Pilot’s Implementation:**

<table>
<thead>
<tr>
<th>“CAPACITY”: agree/improve with</th>
<th>“NEEDS”: agree/improve with</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 statements on Health Promotion Policies</td>
<td>7 statements on Health Promotion Needs</td>
</tr>
</tbody>
</table>

**Statement Examples:**

- **“Health promotion is valued by the organization.”**
- **“Clear policies and goals that support health promotion.”**
- **“There is a safe walking/jogging trail close to facility.”**
- **“There is an organizational wellness committee”**
“SETTING” of Pilot’s Implementation

“CAPACITY” SURVEY

Policies supportive of Health Promotion

- in place, 17%
- to be developed, 83%

“NEEDS” SURVEY

Infrastructure supportive of Health Promotion

- in place, (29%)
- to be developed, (71%)
STAFF TRAINING costs
HM Train-the-Trainer registration/manual of $100.00/staff trainee
= $300 and
average hourly staff salaries (7.5 hours)
= $338
= $638 (total)

+ STAFFING costs for providing the 12-weeks of the HealthMatters™ Curriculum
based on time (hrs.) and average hourly staff salary
= $2,323.00 (total)
COSTS of PILOT IMPLEMENTATION

~ $300/participant

Cost estimate of providing the curriculum by previously trained staff in existing facilities would be ~$230/participant
Diastolic Blood Pressure

Mean (mmHg): 81

PRE- and POST-PARTICIPATION

80 mmHg
SWOT: **STRENGTHS?**

HIGH PARTICIPATION AND ENGAGEMENT of:

- Program Enrollees with IDD
- Primary Care Providers (PCPs)
- Staff Trainers

SWOT: **Opportunities for Improvement?**

Early stages of development of a setting of environment that is SUPPORTIVE OF HEALTH PROMOTION GOALS
To SUSTAIN Health Promotion Goals:

- Engage all “stakeholders”
- Develop Wellness Committees
- Have clear organizational policies for Health Promotion
- Identify, and collect, metrics related to HM-related effects on health status and health care costs
We Thank you
Questions Comments Please