

Healthy Lifestyles for Everyone

Presented by Dawn Robarge,
WMU Center for Disabilities Services

January 23, 2013

- Director James Haveman sent out a news release regarding MI Healthier Tomorrow

800,000 children and 5 million adults in Michigan have a _____ problem

Healthy People 2020

- Encourages _____ across communities
- Empower individuals to make informed health decisions
- Measure the impact of _____

Recently scientists have found a possible link between _____Disease and certain conditions like:

Diabetes

Heart Disease

Pre-term, low birth weight babies

Health Equity for person's with
disabilities

World Health Organization reports

- Uses disability as an umbrella term for impairments, activity limitations and participation restrictions
- Disability is the interaction between health conditions (cerebral palsy, Down syndrome and depression) and person and environmental factors (attitudes, inaccessible transportation and social supports)

People with disabilities report seeking more health care than people without disabilities and have greater unmet needs

- Examples: people with mental disorders 35% and 50% received no treatment in the year prior to the study
- Health promotion and prevention activities seldom target people with disabilities
- Women with disabilities receive less screening for breast and cervical cancer
- People with intellectual impairments and diabetes are less likely to have their weight checked
- Adolescents and adults with disabilities are more likely to be excluded from sex education programs

People with disabilities affected

- Secondary conditions occur in addition to primary health conditions, predictable and preventable
- Pressure ulcers
- Urinary tract infections
- Osteoporosis and pain

Co-morbid conditions

- Occur in addition but not related to primary health condition associated with their disability
- Prevalence of diabetes in people with schizophrenia is around 15% compared to a rate of 2-3% for the general population

Age-related conditions

- Aging process for some groups begins earlier than usual
- People with developmental disabilities show signs of premature aging in their 40's and 50's

Higher rates or premature death

- Mortality rates for people with disability vary depending on the health condition
- People with mental health disorders and intellectual impairments have a lower life expectancy

Physical barriers

- Inaccessible medical equipment
- Narrow doorways
- Inadequate bathrooms
- Examples: mammogram equipment is not always adjustable for people in wheelchairs

Skills and knowledge of workers

- People with disabilities are more than twice as likely to report health care provider skills inadequate
- Four times more likely to report being treated badly
- Three times as likely to report being denied care

Michigan Data

from the Michigan Behavioral Risk Factor Survey

- 36.8% of adults with disabilities report their health as fair or poor compared to 7% of non disabled peers
- The rate of obesity among adults with disabilities is 43.7% compared to 27.8 % of people without disabilities
- 63.7 % of people with disabilities reported inadequate physical activity compared to 44%

Michigan Data

from the Michigan Behavioral Risk Factor Survey

- 19.8% of adults with disabilities reported having diabetes, compared with 7% of people without disabilities
- 16.9% of adults with disabilities reported having heart disease compared to 4.8% of people without disabilities
- 28.1% of people with disabilities report having lost six or more teeth, compared to 10% of people without disabilities

Michigan Data continued

- 61.2 % of people with disabilities reported having arthritis compared with 23.2% of people without disabilities
- 24.2% of people with disabilities reported having asthma, compared to 13.1% of people without disabilities
- 28.1% of people with disabilities report having lost six or more teeth compared to 10% of people without disabilities

CDS- Health Care Coordination

- 2005-2008
- Grant from the Developmental Disabilities Council

Center for Disability Healthcare coordination grant 2005-2008

- Developed partnership with Kalamazoo County Dental Clinic
- Developed contractual partnership with the Family Health Center
- Partnered with the Rehabilitation Research and Training Center at the University of Illinois at Chicago
- Created focus groups

Laying the ground work

- Defining population
- Data collection
- Taking action and creating opportunities

Developmental Disabilities

Defined in the Michigan Mental Health Code

- (21) "Developmental disability" means either of the following:
- (a) If applied to an individual older than 5 years of age, a severe, chronic condition that meets all of the following requirements:
 - (i) Is attributable to a mental or physical impairment or a combination of mental and physical impairments.
 - (ii) Is manifested before the individual is 22 years old.
 - (iii) Is likely to continue indefinitely.
 - (iv) Results in substantial functional limitations in 3 or more of the following areas of major life activity:
 - (A) Self-care.
 - (B) Receptive and expressive language.
 - (C) Learning.
 - (D) Mobility.
 - (E) Self-direction.
 - (F) Capacity for independent living.
 - (G) Economic self-sufficiency.
 - (v) Reflects the individual's need for a combination and sequence of special, interdisciplinary, or generic care, treatment, or other services that are of lifelong or extended duration and are individually planned and coordinated.

Special Olympics Healthy Athletes

- 30% of athletes fail hearing tests
- 25% have unknown visual impairments
- 50% had one or more foot diseases or conditions
- 30% obese, 23% over weight

Literature review

- Person's with dd who are overweight are 3 to 6 more times likely to develop hyperinsulinemia and hypertension (Draheim, 2006)
- Health interventions for individuals with dd are scarce or non-existent (Heller, Rimmer, Hseih and Marks, 2004)
- Individuals with dd are at the same or great risk of developing secondary conditions (Patrick, 1997)
- Health promotion activities are not a current focus of CMH services (Temple & Walkey, 2007)

Gathering data

- Coordinated 2 health fairs that were attended by over 250 individuals



Health Fairs 2007

- Score card completed (135 attended)
- Eyes, 80 tested – 19 people had healthy eyes, 49 individuals suggested to get yearly exams and 12 were encouraged to follow up with a doctor
- Feet – 72 people were examined, 63 had healthy feet, 7 were given suggestions to get a shoe that fit correctly/arch support – 2 individuals encouraged to follow up with their physician

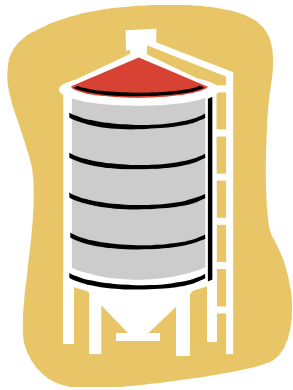
2007 continued

- Hearing Test on 61 individuals, 54 had okay hearing, 6 people encouraged to follow up with a physician
- Asked if they had cholesterol screening 59-yes and 14 said no
- Annual health exam 68 said yes and 6 said no
- Mammogram – 9 yes and 14 no

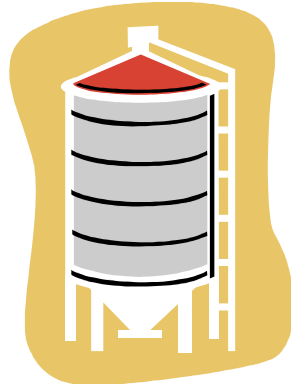
2008 health fair

- Vision Tests – 32 passed and 18 failed
- Dental 89 people examined, suggestions to brush, floss, drink less pop and 63 encouraged to make appointments
- Hearing (31) 10 healthy, suggestions for wax removal, complete hearing evaluations and discharge in ear (13), 9 recommended to make appointments
- Blood pressure 60 good, 18 not good
- Feet- 50 people examined – suggestions to trim nails, wash feet, check on arch support
- Immunizations: 79 responded and 50 had flu shot

Silos of support



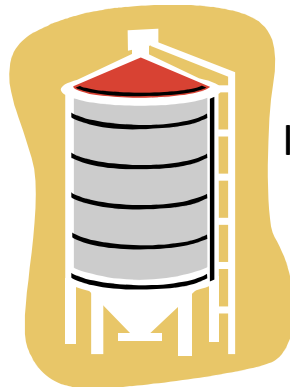
Medical
Community



Health
promotion
activities



Support
Services –
Mental
Health



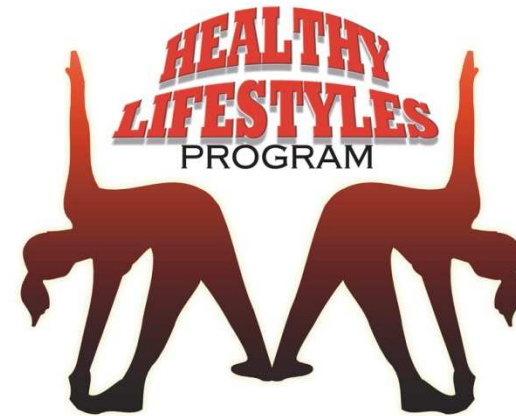
Insurance

Typical health promotion

- Increase physical activity (promote coordination, reduce falls, improve cardiovascular health)
- Consume vegetables & fruits
- Participate in yearly screenings
- Reduce obesity
- Reduce cardiovascular disease and diabetes

Center for Disability Services approach

- Healthy Lifestyles for Everyone
- Health planning
- Physical activity core
- Motivation essentials
- Assessing the right behaviors
- Setting self-determined goals
- Implementing lifestyle programs



Results of the Illinois demonstration

Greater life satisfaction and less depression
Increased exercise knowledge
More positive attitudes toward exercise
Increased confidence in ability to exercise



UIC study

- 89 individuals with Down Syndrome ages 30 or older
- Mild to moderate
- Pre and Post assessments: barriers to exercise: lacked confidence
- Greatest gains, upper and lower body strength, cardiovascular fitness. 89% of the group was overweight or obese

Health Promotion Study

- Teach adapted health education
- Provide physical activity programs to individuals with cognitive impairments
- Ages ranged from 17-63
- Administered psycho-social assessment
- Base-line fitness including height, weight, cardiovascular fitness, muscular strength, endurance, flexibility and functional balance

Class

- WMU Students from Health Physical Education and Recreation
- Classes were held twice a week, YMCA and West Hills athletic
- Class was 1.5 hours each time. Health lesson first and then individualized exercise program

Small Group activities



Health Education



Agility and Balance



Gymnasium Setting



Fitness Club Setting











Food Tasting



Statistical significant Results

- Psychosocial assessment – only area of significance was exercise knowledge (includes their ability to identify clothing, need for water and heart rate)
- Areas that were not impacted: depression scale, outcome expectations, barriers to exercise and self efficacy

Statistically significant Physical Assessment

- Cardiovascular health
- Muscle endurance
- Shoulder flexibility
- Ham string flexibility
- Balance
- Upper body strength

Not significant

- BMI
 - Weight
-
- 61 participants
 - 47 were overweight or obese
 - 14 were at a normal weight

Study limitations

- During the study period KCMHSAS serviced 1,400 individuals with developmental disabilities.
- Sample only represents 4% of individuals

Health Care Coordination Grant

- Provided services to 116 individuals for care coordination
- Coordinated dental services for 80 individuals

Next Steps

- CDS partnered with the Five senses garden growing vegetables and fruit
- Swimming at the Student Recreation Center
- Group go to repetitions gym
- Healthy cooking class
- Healthy lifestyles class will start again with instructor. Partial funding from the United Way

Next Steps

- Working with consumers to have healthy menu choices
- Teaching staff about health issues
- Encouraging participation in community activities
- Assisting with medical appointments and follow up