

Healthy living is more than eating your
spinach, carrots and Brussels sprouts!!

Presented By

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Good health is necessary for persons with disabilities to secure the freedom to work, learn and engage in their families and communities.

However, we know that...



People with disabilities

- are 1.7 times more likely to experience obesity than those without disabilities,
- report obesity at higher rates regardless of age group, gender or ethnicity, and
- among those with disabilities, women, African-Americans, Hispanics, and people 45 to 64 years of age report the highest rates of obesity.

Center for Disease Control (1998-1999)

Ron from Virginia says...

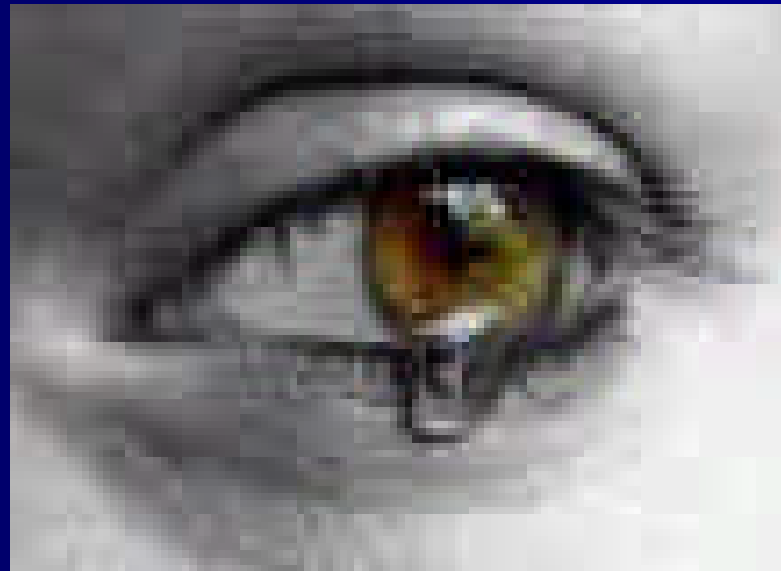


Research tells us...

- 28.6% of all adults with disabilities surveyed reported at least one depressive symptom.
 - Among them, 6.7 percent of adults with disabilities reported, "feeling sad most or all the time" versus 1.9 percent of non-disabled adults.
 - 59.1 percent of these respondents reported no episodes of vigorous physical activity and
 - 6.7 percent reported consuming five or more alcoholic drinks on ten or more days during the previous year
- 28% of adults aged 18 and older reported that their feelings of sadness prevented them from being active.

As another self-advocate from Virginia told us:

“I am lonely, and by myself I cry all my tears.”



We also know that...

- Women with developmental disabilities are four to ten times as likely to be sexually assaulted when compared to other women.
- Adults, both men and women, with developmental disabilities are four times as likely to be assaulted when compared to other adults.
- Children with any kind of disability are more than twice as likely as children without disabilities to be physically abused. Additionally, they are almost twice as likely to be sexually abused.



And that...

- A majority of the crimes against people with developmental disabilities are not committed by strangers.
- Crimes against people with developmental are underreported when compared to those against the general population.
- According to some researchers, 90% of people with disabilities will be sexually victimized in their lifetime, yet only 3% of the assaults will ever be reported.

Other self-advocates say:

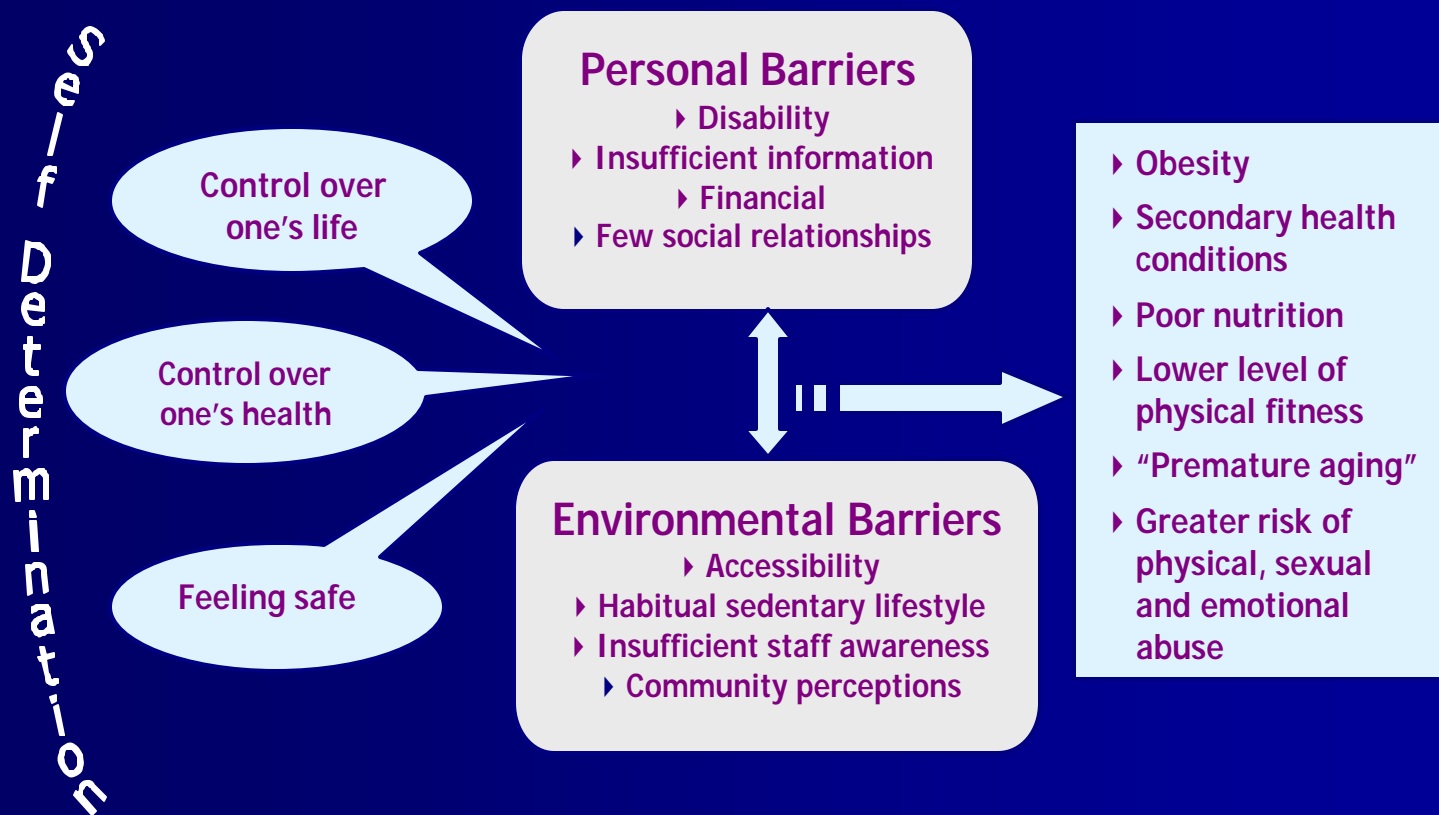
“I want to have control over my body and health.”

-Renee

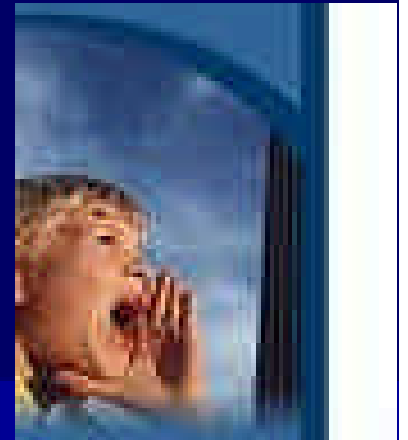
“My doctor talks to my mother about my health, but she doesn't understand English and I have to translate what he is saying for her. Why doesn't he talk to me about my health?”

-Elizabeth

Here is a bird's eye view



In A Call to Action to...



...improve the health and wellness of people with disabilities. The identifies four goals for the nation. To increase:

- understanding nationwide that people with disabilities can lead long, healthy, and productive lives.
- knowledge among health care professionals and provide them with tools to screen, diagnose, and treat the whole person with a disability with dignity.
- awareness among people with disabilities of the steps they can take to develop and maintain a healthy lifestyle.
- accessible health care and support services to promote independence for people with disabilities.

Taking this a step further...

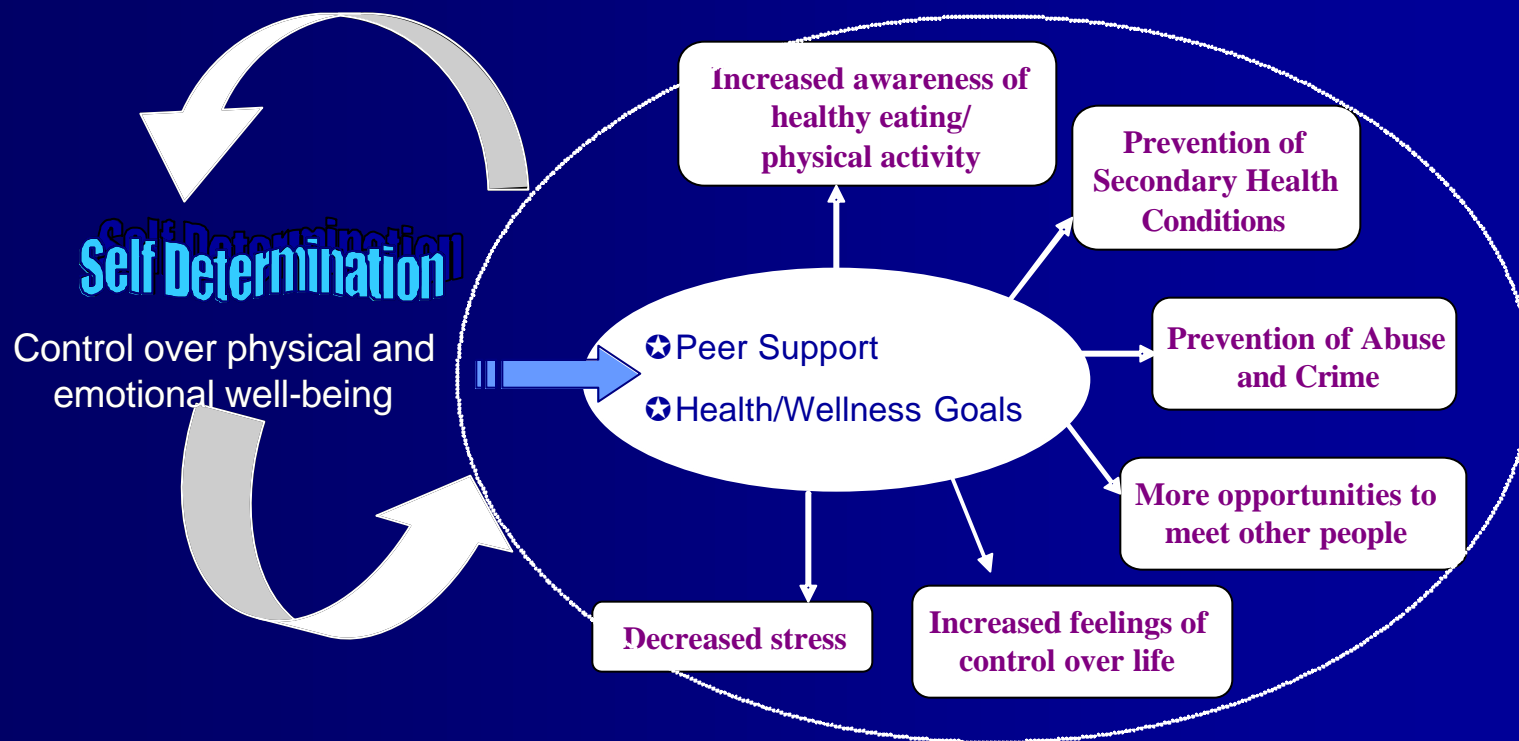
The Call to Action suggests that people receive

- Services focused on promotion or maintenance of good health rather than correction of poor health. Wellness programs offering regular screening clinics for blood pressure and other health issues and health education.

Our peer support model takes this one step further by adding...

- A dimension of health beyond the absence of disease or infirmity, including social, emotional and spiritual aspects of health.

Outcomes of the Peer Connections Project



A few ideas...

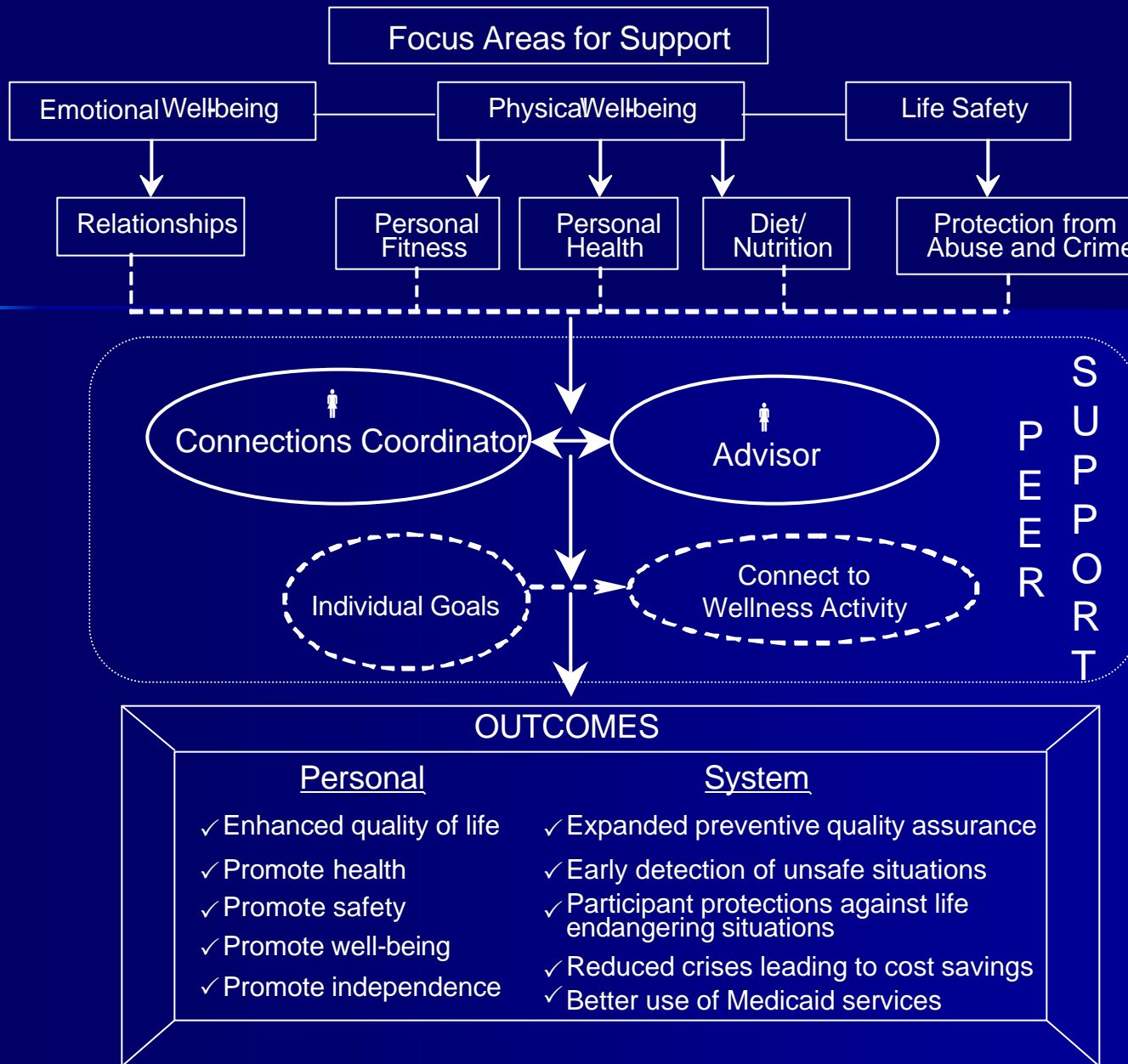


- Educate self-advocates about the importance of health and wellness and their right to health promotion, violence prevention, and wellness services.
- Educate professionals and the community at large about the importance of good health for people with disabilities.
- Emphasize the importance of regular wellness check-ups for people with developmental disabilities.

More ideas...



- Create new or make existing health and wellness materials accessible to individuals with disabilities.
- Make community opportunities, such as fitness centers, available and accessible to people with disabilities.
- Involve the media and create community education efforts that promote healthy living.



Quality Framework

Focus	Desired Outcome
Participant Access	<i>Individuals have access to home and community-based services and supports in their communities.</i>
Participant-Centered Service Planning and Delivery	<i>Services and supports are planned and effectively implemented in accordance with each participant's unique needs, expressed preferences and decisions concerning his/her life in the community.</i>
Provider Capacity and Capabilities	<i>There are sufficient HCBS providers and they possess and demonstrate the capability to effectively serve participants.</i>
Participant Safeguards	<i>Participants are safe and secure in their homes and communities, taking into account their informed and expressed choices.</i>
Participant Rights and Responsibilities	<i>Participants receive support to exercise their rights and in accepting personal responsibilities.</i>
Participant Outcomes and Satisfaction	<i>Participants are satisfied with their services and achieve desired outcomes.</i>
System Performance	<i>The system supports participants efficiently and effectively and constantly strives to improve quality.</i>