

# Supporting Healthy Lifestyles

*Reinventing Quality Conference*

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# What Do We Know?

- People with DD/ID are more likely to experience:
  - Early deaths
  - Chronic conditions
  - Potentially preventable secondary conditions

# What Do We Know?

- People with DD/ID have:
  - More unmet health care needs
  - Receive fewer preventive services
  - Some of the highest rates of oral disease
  - Higher rates of diabetes

# What Do We Know?

- Poorly controlled health problems can quickly lead to downward spiral of:
  - Loss in functioning
  - Jeopardized employment
  - Erosion of social and personal relationships

# What Do We Know?

- The information, practices and resources needed to realize a healthy lifestyle are not available for people with ID/DD
- Community resources are inaccessible
- Health promotion campaigns have ignored this population
- Few motivation models to participate in physical activity have been tested with this group.

# Most Important Risk Factors for Mortality in Persons with DD/ID

- **AGE**
- **MOBILITY STATUS**
- Need for supervision
- Level of self help skills
- Medical co morbidities
- Disability level
- Down syndrome

# Top 10 Leading Causes of Death MA DMR

<b>Rank</b>	<b>U.S. 2002</b>	<b>MA 2002</b>	<b>DMR 2000</b>	<b>DMR 2001</b>	<b>DMR 2002</b>	<b>DMR 2003</b>
<b>1</b>	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease
<b>2</b>	Cancer	Cancer	Pneumonia	Aspiration Pneumonia	Aspiration Pneumonia	Cancer
<b>3</b>	Stroke	Stroke	Chronic Respiratory Disease	Cancer	Cancer Septicemia	Aspiration Pneumonia
<b>4</b>	Chronic Respiratory Disease	Chronic Respiratory Disease	Cancer	Septicemia	C-P Arrest/ Seizure <sup>29</sup>	Septicemia
<b>5</b>	Accidents	Influenza and Pneumonia	Septicemia	Alzheimer's	Alzheimer's	CP Arrest/ Seizure
<b>6</b>	Diabetes	Alzheimer's	Nephritis	Influenza and Pneumonia	Chronic Respiratory Disease	Chronic Respiratory Disease
<b>7</b>	Influenza and Pneumonia	Diabetes	C-P Arrest/ Seizure	Chronic Respiratory Disease	Influenza and Pneumonia	Alzheimer's Disease
<b>8</b>	Alzheimer's	Unintentional Injuries	Alzheimer's	C-P Arrest/ Seizure	Nephritis	Influenza and Pneumonia
<b>9</b>	Nephritis	Nephritis	Stroke	Accidents	Stroke	Stroke
<b>10</b>	Septicemia	Septicemia	Gastro-intestinal	Stroke	Congenital Defects	Nephritis

## Comparison of the Top 5 Leading Causes of Death As Reported by Five State MR/DD Agencies

<b>Rank</b>	<b>MA DMR 2003</b>	<b>CT DMR 2003</b>	<b>MD DHMH 2003</b>	<b>NM DH 2004</b>	<b>VT DDS 2003</b>
<b>1</b>	Heart Disease	Heart Disease	Heart Disease	Respiratory & Aspiration Pneumonia	Heart Disease
<b>2</b>	Cancer	Cancer	Influenza & Pneumonia	Cancer	Respiratory & Pneumonia
<b>3</b>	Aspiration Pneumonia	Respiratory Pneumonia	Malignant Neoplasm (Cancer)	Heart Disease	Cancer
<b>4</b>	Septicemia	Nervous System	Other Respiratory	Sepsis	Alzheimer's & Seizures
<b>5</b>	CP Arrest/ Seizures	Renal Failure	Septicemia	Accidents	Unknown



What's Going On?

# CDC/AAHD Cooperative Agreement States

Which Topics Are States Working On?

	AR	CA	DE	IA	KS	MA	MN	MT	NM	NY	NC	OR	RI	SC	UT	WA
Analyze and Disseminate BRFSS Data	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Analyze Health Status		✓		✓						✓	✓		✓	✓	✓	
Collaborating with Community Organizations	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓		✓	✓	✓
Dental/Oral Hygiene								✓								
Emergency Preparedness	✓			✓	✓				✓							
Improve Access to Health Care Facilities	✓	✓		✓		✓		✓	✓	✓	✓	✓		✓		
Improve Access to Health Promotion Programs		✓	✓				✓	✓				✓		✓		✓
Improve Access to Recreation and Fitness Facilities				✓							✓			✓		
Health Promotion Information	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nutrition			✓					✓						✓		
Social Marketing/Media Campaigns	✓						✓			✓						✓
Statewide Conferences	✓								✓	✓		✓				
Strategic Plans to Assure Optimum Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Train Health Professionals	✓	✓	✓	✓						✓	✓	✓	✓			
Transition Planning						✓							✓			
Workshops to Maximize Health Promotion	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓			



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# What's Going On?

- **Secondary conditions prevention:**  
MN, NM, IL, MT, DE
- **Health promotion initiatives:**  
DE, MN, MA, NM, CA, NC, MT, Special Olympics, CDC/AAHD

# What's Going On?

- **Statewide advisory committees:**  
MN, MA, MT, DE
- **Publications:**  
MT, CA, OR, NC, IL, MT, DE, Special Olympics, MA
- **Staff training:**  
CA, OR, MA

# What's Going On?

- **Outreach to community:**  
MN, OR, MA, NC, IL, MT, DE, Special Olympics
- **Consumer/ self-advocacy trainings:**  
OR, MT, Special Olympics

# Great Websites

- [www.qualitymall.org](http://www.qualitymall.org)
- [www.aahd.us/aahd\\_cdc/statePrograms.php](http://www.aahd.us/aahd_cdc/statePrograms.php)
- [www.specialolympics.org](http://www.specialolympics.org)

What is “Healthy Lifestyle”?

*What have we learned?*

# What We Think....

- Healthy Diet
- Physical Activity
- Mental Stimulation
- Not Smoking
- Disease / Condition Management
- Safe Environment / Free From Harm
- Prevention of Secondary Conditions
- Weight management



# What They Say....

- Meaningful Employment
- Independence/ Empowerment
- Participation in Social / Family Activities
- Physical Health
- Recreation / Physical Activity

# What is “Healthy Lifestyle”?

Emotional Health	Physical Health
Health Through Meaningful Activities	Social Health

Adapted from Scandurra 1999: Oregon Office of Disability and Health “Healthy Lifestyles Curriculum”

# Meeting of the Minds

## Emotional Health:

- Stress reduction
- Emotional support system
- Manage psychological barriers
- Peer support

## Physical Health:

- Disease management/weight management
- Prevention of secondary conditions
- Early detection of signs of illness
- Preventive screenings
- Appropriate health care
- Exercise / recreation
- Diet / nutrition
- No smoking

## Health Through Meaningful Activities:

- Mental stimulation / learning new things
- Contribute to community
- Real work
- Overcome environmental barriers

## Social Health:

- Spiritual needs
- Recreation
- Time with people who have like interests

# What Next?

- Continue to create opportunities to learn for individuals
- Create more opportunities to learn for staff upon whom individuals are dependent

# What Next?

- Continue to educate community at large
- Continue to create opportunities for self-advocacy
- Make sure both consumers and “system” are using same definition of “healthy lifestyle”

# Ongoing Challenges...

- Direct support staff turnover
- Peripheral support staff turnover
- Changes in funding supports

# Ongoing Challenges....

- Changes in health care system
- Overly ambitious expectations
- Environmental barriers
- Recognition of psychological barriers