

14 Weeks to a Healthier You! Program Implemented Across Iowa

In the spring of 2018, 11 disability service organizations recruited 159 individuals with disabilities and began implementing the 14 Weeks to a Healthier You! program. This in-person, facilitated program, based on a web-based program by the same name, was developed by the National Center on Health, Physical Activity and Disability (NCHPAD) with the goal of getting participants moving and making healthy nutritional choices.

Each host organization was asked to identify up to two individuals responsible for facilitating the program. A facilitator manual included weekly curriculum information, participant handouts and exercise video clips. Participants are introduced each week to new exercises, and nutritional information and tips. This program also provides opportunities for individuals to connect with other participants in a group setting, and to set personal wellness goals.

“The program has been so easy to use,” shared Kristin Nehring from HomeCare Options in Carroll, Iowa. “The staff and I saw great changes in our clients during this program. Physical activity and healthier eating helps with not only physical health, but also mental health and that is huge! We intend to use this program again in the future.”

The 14 Weeks to a Healthier You! program was made available by the Iowa Department of Public Health. For more information about the program, please contact Brain Injury and Disability Program Manager Maggie Ferguson at 515-281-8465 or maggie.ferguson@idph.iowa.gov.

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14 Weeks to a Healthier You! participants from Easterseals Iowa celebrate their completion of the program
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