

**Iowa Department of Public Health
Disability & Health
Wellness Program Host Organization Opportunity**

In Iowa, approximately 1 in 5 adults have some type of disability. Despite ongoing work to address health inequities, people with disabilities continue to experience significant differences in health characteristics and behaviors compared to individuals without disabilities. For example, adults with disabilities are more likely to be inactive (35.7% versus 23.0%) and more likely to be obese (46.7% versus 32.2%) (BRFSS, 2017).

The Iowa Department of Public Health’s (IDPH) Disability and Health Program is encouraging Iowa-based organizations providing services to individuals with intellectual and/or developmental disabilities to promote physical activity, good nutrition and healthy weight to the individuals they serve. IDPH seeks to support approximately 12 disability service organizations by providing up to \$1,200 per organization to host one of three available wellness programs. The programs available to implement are 14 Weeks to a Healthier You!, Walk With Ease, and Chronic Disease Self-Management Program Better Choices, Better Health. Contracts are contingent on available funding.

Organizations will select from one of the available programs (14 Weeks to a Healthier You!, Walk With Ease, or Chronic Disease Self-Management Program Better Choices, Better Health) aimed at improving health through increased physical activity, improved nutrition or maintaining a healthy weight. Up to 12 organizations will be selected on a first come, first served basis. We will attempt to have a variety of organizational participants based upon interested applicants.

Previous host organizations are welcome to apply; however, we request in that instance, the previous host organization either recruit a new cohort of participants or host a program other than 14 Weeks.

Questions regarding this opportunity should be directed to Maggie Ferguson by emailing Maggie.ferguson@idph.iowa.gov or calling 515-281-8465.

Project Timeline

March 29	Project guidance released
April 26 @ noon	Deadline for organizations to complete interest application at: https://forms.gle/66mpj98AF6sHSrkHA
Approx. May 17	Service agreements issued to organizations requesting funds
Week of May 17	Program specific kick off meetings are held
June 1, 2021	Programs implementation has begun

Host Organization Expectations

Each of the available programs are described in the Program Options section of this document. Each program may have additional requirements, but all host organizations will have the following expectations as a part of their service agreement.

Each host organization will:

- Participate in a kick off meeting for the program you have identified;
- Commit to holding regular sessions of the identified program, utilizing the program's materials;
- Recruit a minimum of 8 participants;
- Identify a facilitator for the program who is committed to preparing for each session using the program materials;
- Collect participant demographic information using provided tool;
- Support participants in completing a pre and post participation survey using provided tool;
- Begin implementing the identified program before June 1, 2021;
- Complete a final report, summarizing program implementation including successes and challenges, participant attendance and results from the pre and post participant surveys using a provided reporting template;
- Register your organization in the lowagrants.gov system and complete required paperwork to be a state contractor, including a budget specifying how incentive pay will be used. User guides for lowagrants.gov can be downloaded at <https://idph.iowa.gov/finance/funding-opportunities/iowagrants>.
- Organizations that are interested in participating, but are not requesting compensation are welcome to participate as a host organization.

In exchange for your commitment and participation, IDPH will:

- Host a kick off meeting for each program to provide a program overview, review program materials, and answer questions.
- Provide technical assistance, as needed, and weekly communication with host organization point of contact or facilitators.
- Compensate host organizations \$120/participant up to \$1,200. Funds provided to host organizations may be used for activities related to implementation of the program such as to pay the facilitator or support staff time, provide transportation to participants, make copies of program materials, purchase fitness equipment (e.g. fitness bands, walking polls) to enhance participant experience in the program, or provide incentive items. Incentive items should be related to physical activity and good nutrition, such as shoelaces, pedometers, water bottles, etc. Food is not an allowable expense unless it is an integral part of the class, such as a cooking demonstration.

Program Options

14 Weeks to a Healthier You!

A facilitated version of the **14 Week Program to a Healthier You!** is an in-person, facilitator-led version of the internet-based fitness and nutrition program, [14 Weeks to a Healthier You!](#) developed by the National Center on Health, Physical Activity, and Disability. This program was designed to provide host organizations with the tools and resources to teach individuals with intellectual disabilities how to make healthy physical activity and nutrition choices. Facilitators do not require any special training to implement the program.

Through this program, organizations will receive access to the 14 Weeks program materials at no cost.

In addition to the expectations outlined in the Host Organization Expectations section, each host organization selecting the 14 Weeks program will:

- Commit to holding regular sessions of the 14 week program, using the weekly program materials. Host organization may choose to condense the program to 7 weeks by hosting a 2 sessions per week;
- Identify a facilitator for the program who is committed to preparing for each session using the program materials;
- Prepare for each session by reading the facilitator agenda and making copies of handouts and participant worksheets and,
- Participate in a 14 Weeks Program kick off meeting for host organizations selecting this program (date to be determined).

In exchange for your commitment and participation, IDPH will:

- Provide each host organization with a downloadable copy of the 14 week Facilitator manual;
- Provide each host organization access to support materials (e.g. program exercise video, participant handouts); and,
- Provide pre and post participant survey and required reporting templates.

Walk With Ease

[Walk With Ease \(WWE\)](#) is a 6-Week program that supports individuals to stay physically active and learn self-management skills. While this program was developed by the Arthritis Foundation, it has been found to be a great exercise program for a broader audience, including individuals with health risks or chronic conditions, sedentary individuals or beginners to exercise, individuals who are interested in weight management, individuals who enjoy walking and would like to join a group to make it more social. WWE participants are expected to walk a minimum of 3 times per week. .

Through this project, participants will receive weekly support from health coaches for the self-guided option. The health coach provides weekly assistance in goal setting and overcoming barriers to exercise. Organizations are expected to purchase the WWE guidebooks at

CHPcommunity's discounted price of ~4.95 + shipping/taxes. Organizations can create a lending library of guidebooks for their participants to use while they are in the program. The WWE guidebooks provide health education in English or Spanish, stretches and strengthening exercises, and weekly activities.

In addition to the expectations outlined in the Host Organization Expectations section, each host organization will:

- Purchase the WWE participant guidebook;
- Commit to supporting their clients participating in the WWE program, using the WWE program materials, and accessing the WWE coaching and other materials; and
- Host organizations may choose to host group walks for their clients or have a weekly check in with individuals.

In exchange for your commitment and participation, IDPH and our partners at CHPcommunity will:

- Provide phone or online coaching;
- Provide a discount code for purchasing the WWE participant guidebook; and,
- Provide pre and post participant survey and required reporting templates.

Better Choices, Better Health

The Self-Management Resource Center's Chronic Disease Self-Management Program (CDSMP), often referred to as "[Better Choices, Better Health](#)" helps adults of all ages and caregivers learn self-management skills to better manage the symptoms of chronic diseases, such as heart disease, arthritis, diabetes, asthma, bronchitis, emphysema, and any other physical or mental health conditions. This evidence-based program, developed by the Stanford University, is held weekly for 2 ½ hours for six weeks in person or virtually. Two trained leaders facilitate workshops.

In addition to the expectations outlined in the Host Organization Expectations section, each host organization will:

- Determine whether the course will be held in person or virtually;
- Secure commitment from 2 CDSMP leaders to facilitate for your organization OR select 2 individuals from your organization to complete a 7 week peer leader training.

Organizations choosing to select and train their own CDSMP leaders will:

- Work with IDPH to schedule leader training;
- Work with IDPH to determine an implementation start date for this program, should the organization choose to train their own leaders (to start no later than September 1, 2021).

In exchange for your commitment and participation, IDPH will:

- Provide access CDSMP workshop participant materials;
- Provide training and training manual to host organization's peer leaders, if needed;

- Assist with identifying currently trained CDSMP leaders to provide CDSMP at your organization; and,
- Provide pre and post participant survey and required reporting templates.

Resources

If you have any questions, please reach out to one of the following:

Topic	Contact Person	Email	Phone
General project questions	Maggie Ferguson	maggie.ferguson@idph.iowa.gov	515-281-8465
14 Weeks	Maggie Ferguson	maggie.ferguson@idph.iowa.gov	515-281-8465
Walk With Ease	Trina Radske-Suchan	tsuchan@chpcommunity.org	515-635-1285
CDSMP	Ali Grossman	ali.grossman@idph.iowa.gov	515-371-7768
lowagrants.gov	Help Desk	lowagrants.helpdesk@idph.iowa.gov	

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