



SEDGWICK COUNTY DEVELOPMENTAL DISABILITY COMMUNITY COUNCIL

Friday, September 24, 2020

11:30 a.m. to 1:30 p.m.

Zoom

WELCOME AND INTRODUCTIONS

Jeannette Livingston, SCDDO Assistant Director, welcomed everyone

STOPLIGHT HEALTHY LIVING PROGRAM – DOT NARY (KANSAS DISABILITY AND HEALTH PROGRAM), KIM BRUNS (KANSAS DISABILITY AND HEALTH PROGRAM), KATHRYN KOBEL (RESCARE)

Kansas Disability and Health Program

- Five year plan to promote the health of people with disabilities
- Reduce health disparities
- Raise awareness that people with disabilities can be healthy
- Supported by a five year grant that runs from 2016-2021
- Targets adults with IDD and adult with mobility disabilities
- Focuses on increased physical activity, better nutrition, and good oral health
- Based at KU but covers entire state
- Guided by a Consumer Advisory Board comprised of adults with IDD and mobility disabilities

Kansans with disabilities

- 45% reported being obese (versus 31% nondisabled)
- 40% reported engaging in no physical activity in the last month (versus 16% nondisabled)
- 50% reported having hypertension (versus 26% nondisabled)
- 23% reported having diabetes (versus 8% nondisabled)
- 44% reported fair/poor health (versus 8% nondisabled)

Stoplight Purpose

- To address health disparities of adults with intellectual disability (IDD) by
 - Promoting good nutrition
 - Increased physical activity
 - Increased water consumption
- Provide opportunities to learn about the importance of and how to implement:
 - Healthy food and drink choices
 - Physical activity

Program Overview

- Extends an existing evidence-based program: The Stoplight Diet
- Uses a simple visual method of distinguishing healthy foods from less healthy and unhealthy foods with the color scheme of a stoplight:
 - Green (Go, eat all you want) (e.g., apples and carrots)
 - Yellow (Slow, use caution) (e.g., eggs and peanut butter)
 - Red (Whoa, eat rarely or never) (e.g., cookies and cake)
- Has been used successfully in several weight loss trials with adults with IDD and with mobility impairments
- Expanded from narrow focus on weight loss to emphasize health behaviors including increased physical activity and water consumption
- Is currently being tested as an online program delivered through Zoom or other virtual platform

The program is being delivered in the following areas:

- Beloit
- Topeka
- Salina
- Olathe
- Abilene
- Newton
- Wichita
- Winfield

Foundational Concepts

- Promote choice and self-determination for participants
- Focus on behavior change by reinforcing the importance of several healthy behaviors:
 - Eating healthier foods
 - Increasing physical activity
 - Increasing water consumption

Participant Goals

- Be healthy
- Have fun
- Value self-determination in making healthy choices
- Support each other
- Make small changes every day

Session Themes

- Introduction to the program
- Get Moving
- Healthy Snacking
- Making Healthy Meals
- Grocery Shopping for Health
- Eating Out Healthy and Celebration

Some Stoplight Activities

- Assembling a healthy meal using My Plate placemats and laminated photographic food cards
- Guessing the healthier snack
- Role playing a healthier fast-food order
- Guessing the amount of sugar in popular drinks
- Learning how to judge healthy portion sizes using hands
- Playing Stoplight Healthy Living bingo
- Each session includes:
 - Trying out a healthy snack
 - Exercising as a group to videos

Stoplight Sessions

- Designed to be delivered in six 30-minute consecutive weekly sessions
- Groups of 6-8 participants
- Common across all sessions
 - Information on healthy behaviors
 - Activities to reinforce new knowledge and put it into practice
 - Incentives to engage

Who can benefit most from Stoplight?

- Adults with IDD who:
 - Are interested in or willing to learn about eating healthier and moving more
 - Live in a setting with choices regarding food
 - Enjoy learning and participating in a group
 - Don't have strict dietary limitations
 - Are available to participate in 6 weekly sessions
- However, most adults with IDD can gain from participating with peers in an environment focused on health promotion

For more information:

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ResCare is participating in the program

- They had their third session today focused on how much sugar is in different drinks
- They have seven participating now

- They have four people who want to be in the next session
- The group is diverse
- One participant said they needed healthier food in his house they did some different things with yogurt
- The participants are doing very well

If you would like to be added to the Community Council email distribution list email Jeannette.Livingston@sedgwick.gov.

NEXT MEETING

The next meeting is January 29, 2021.

ADJOURN