

Healthy Delawareans with Disabilities Advisory Council Meeting

Friday, March 11, 2011
10:00am-12:00pm
Delaware Technical College
Dover DE

Minutes

Welcome and Introductions

Present: Helen Arthur, Alice Coleman, Annalisa Ekbladh, Alex Eldreth, Jerry Gallucci, Linda Gottfredson, Phyllis Guinivan, Terri Hancharick, Kyle Hodges, Amanda Konopka, Pat Maichle, Dave Mills, Cory Nourie, Ilka Riddle, Sharon Romelczyk, Al Rose, Jim Salt, Loretta Sarro, Eileen Sparling, Wendy Strauss, Kathy Stroh, Karen Vordemberge

Approval of Minutes

The group approved the minutes from the December 1, 2010 meeting.

Year 5 Meeting Schedule

- The new 2011-2012 Meeting Schedule is available online at <http://www.gohdwd.org/advisory-council/advisory-council-documents/ac-meeting-schedule/>
- Meetings will continue to be held from 10 a.m. to noon.
- Please note new Dover meeting location: DelDOT Administration Building

Council on Health Promotion and Disease Prevention (HDWD Update, Eileen Sparling)

As previously discussed, the Governor has created the Council on Health Promotion and Disease Prevention. The Council, formed in response to Executive Order 19 in order to:

- Make recommendations to promote healthy lifestyles and prevent chronic and lifestyle-related disease statewide.
- Focus on key issues including obesity, physical activity, heart disease, cancer, and tobacco use.

The Council is currently gathering input using a process called “concept mapping.” They are looking for responses to the following prompt:

“To promote healthy lifestyles and prevent chronic and lifestyle-related disease in Delaware, a specific thing that needs to happen...”

In order to have your ideas heard, you can enter your ideas as many times as you want to. If you have received the link in your email, feel free to input your ideas. Otherwise, please [email HDWD \(worksheet provided at meeting\)](#) with any ideas by March 21.

Disability and Health in Delaware: Report on 2009 Behavioral Risk Factor Surveillance Data, Sharon Romelczyk

Sharon has worked on the BRFSS report for the past year. The report will detail prevalence of secondary health conditions and participation in health risk behaviors and preventive health measures of adults with and without disabilities. The Delaware specific report on disability and health will be available on the HDWD website within the next month.

CDC just produced the Health Disparities and Inequalities Report for 2011. Report includes disabilities as a disparity population. Report available online at <http://www.cdc.gov/mmwr/pdf/other/su6001.pdf>.

HDWD Program Evaluation Report, Jim Salt

Highlights of what is coming up in the report, presented by Jim Salt, Program Evaluator.

Overview of Presentation

- Year 4 progress, a few objectives are still in progress while many have been met
- Refer to year 4 goals and objectives

*We want to spend more time on outcomes, the effects of HDWD activities

Presentation Keypoints

- Review Methods
- Outcomes limitations
- Systems change=challenging evaluation
- How to compensate: look for markers
- Year 4 Outcomes
- Important Project Activities
- Recommendations for Year 5

HDWD Exit and Sustainability Plan, *Council Review and Discussion*

See [handout for exit and sustainability model](#).

The current 5-year funding cycle will conclude in March of 2012. Eileen discussed what would happen if our reapplication to CDC for another cycle of funding did not get approved. The staff has been exploring what project outputs could be adopted or embedded in other agencies and what project activities would have to cease. Eileen asked for the group to give feedback on the draft model and to share either at the conclusion of the meeting or via email or phone following the meeting.

Note: HDWD is not planning to exit but wants to be prepared either way and to ensure that the progress we have made during the last five years is sustained.

HDWD Updates

Emergency Preparedness, *Phyllis Guinivan, Center for Disabilities Studies*

Pat Maichle, Developmental Disabilities Council of Delaware

- Phyllis discussed the recent earthquake/tsunami and how emergency preparedness would play a major role in this
- It is crucial for PWD to be prepared and ready to take action on their own
- CDS has been awarded a new grant from the federal government for \$150,000 for three years for emergency preparedness
- They will be examining policies and laws regarding emergency preparedness
- Working in collaboration with other states to find out if there are ways of helping one another in emergency cases
- They hope to do a training program, assisting people with making their plans. They are working with community groups and families to facilitate their plans.
- They also hope to launch online tutorial training sessions.
- Delaware is launching an online voluntary registry for people with disabilities to provide info to emergency responders. The launch is expected to be in the Spring of 2011. Specifics will be shared as soon as they are available.

Diabetes Modified Curriculum, *Kathy Stroh, Department of Public Health*

Linda Gottfredson, School of Education, University of Delaware

- Clarification from last meeting: [there are existing support groups, locations available for diabetes management](#)
- Working with HDWD on a two-part study: first phase is to survey case managers, diabetes educators or people who would have an overview of managing diabetes, second phase is to use collected data to design focus groups or something similar to talk to people who have care for diabetes, find out what difficulties people with cognitive disabilities have in managing their diabetes
- Two issues we are struggling with: logistics (who, how, where and when), focus groups (need investigation)

*If your organization has any suggestions of how to identify participants for either stage of this study, please contact [Eileen Sparling](#)

National Center on Physical Activity and Disability, *YMCA training*,

- NCPAD will be doing a training session on March 31, 2011 for fitness trainers on inclusive physical activity
- Over 30 trainers are coming for the workshop
- This is a huge opportunity for the state of Delaware.

National Center on Physical Activity and Disability, *14 Weeks to a Healthier You*

- HDWD is promoting the NCPAD 14 week program
- This is a free program that provides adapted physical activity exercises to participants through email.
- Please help [promote this program and spread the word.](#)

Disability Day at Legislative Hall

- Flyers for this event on April 6, 2011 are available [here.](#)

DOE Guidance on inclusive physical education and sports

- Last year a report entitled [“STUDENTS WITH DISABILITIES: More Information and Guidance Could Improve Opportunities in Physical Education and Athletics”](#) was published
- The Department of Education acknowledged report and guidance will be issued to schools about what needs to be done with physical education and disabilities and they will gather information about what parents should expect; planned to come out this summer.
- May or may not include high school varsity athletic teams or other sports teams.
- Any ideas about opportunities or ways to work on this topic would be appreciated from Advisory Council members.

Updates from Partners

A.I. duPont (Cory Nourie): It’s Time for Me to Do What? Conference on Effective Health Care Transitions March 25. 8:30 a.m.– 5 p.m. Alfred I. duPont Hospital for Children, Wilmington

(125 people registered currently) for Healthy Transitions Program)

Hosted by Nemours Office of Continuing Medical Education, this conference will educate pediatric and adult health care providers, patients with special health care needs or chronic illness and their families about the issues involved in transitioning from the pediatric to adult health care system. John Reiss, PhD. will deliver the keynote address, called “Health Care Transition: Youth, Family and Provider Perspective.” Other topics include recommendations and strategies to optimize the process of transition; transition support services; barriers and challenges to successful transition; and workshops for clinicians, young adults with special health care needs and their caregivers. CDS’ Community Advisory Council member Cory Ellen Nourie will be a conference presenter, contributing to a workshop called “The Nuts and Bolts of Successful Transition.” Registration information is available online at

<http://www.pedseducation.org/conferences/conference.cfm?conferencecode=Transitions2011>

MS Society (Alex Eldreth): MS awareness week is next week, (3/14-3/20). Visit <http://msdelaware.org> for information about all the activities that will be occurring). An email will be sent out.

Developmental Disabilities Council of Delaware (Al Rose): Three recreation fairs coming up at state parks. The fairs will be held the following dates/locations:

- May 28 at Trap Pond State Park (Sussex County)
- June 4 at Lums Pond State Park (New Castle County)
- June 5 at Killens Pond State Park (Kent County)

Food vendors will be present at the events, and electronic passes are hopefully going to be made available for attendees to enter without paying the park entrance fee. Flyers will be available soon.

David Mills: Working with Easter Seals camp in Chestertown, Maryland to host weekend retreat. Dave will provide updated details on the event.

CDS, Learn the Signs: Act Early (Annalisa Ekblad): On April 16th, will be hosting Delaware Spring for Success, a lot of vendors displaying information for health for kids and we will be providing information on developmental screening and developmental screening will be free at the event 9:00am-Noon. Similar events will be held in May in Kent and Sussex Counties.

Delaware Office of Deaf and Hard of Hearing (Loretta Sarro): Loretta recently attended a meeting with Delaware Telecommunications about new communication technologies. Telecommunications services must keep up with new technology i.e. the Ipad, Blackberry, etc. Relay systems are being used by the devices more and more. 4G supports video much better, so Sprint is making the relay service available with the videos as well. They are reducing the number of providers for relay services because technology is decreasing the need for relay services. For communication access, everyday conversations and emergency situations, texting is increasing in popularity.

Next Meeting: Friday, June 10, 2011
10:00 am to 12:00pm
Center for Disabilities Studies, Newark