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LifeFit: A Commitment to a Healthy Lifestyle Results in an Improved Quality of Life

Monica Lazur
UCP Central PA
Project Director of LifeFit
April 27, 2012



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The funny side of fitness

FRANK & ERNEST® by Bob Thaves



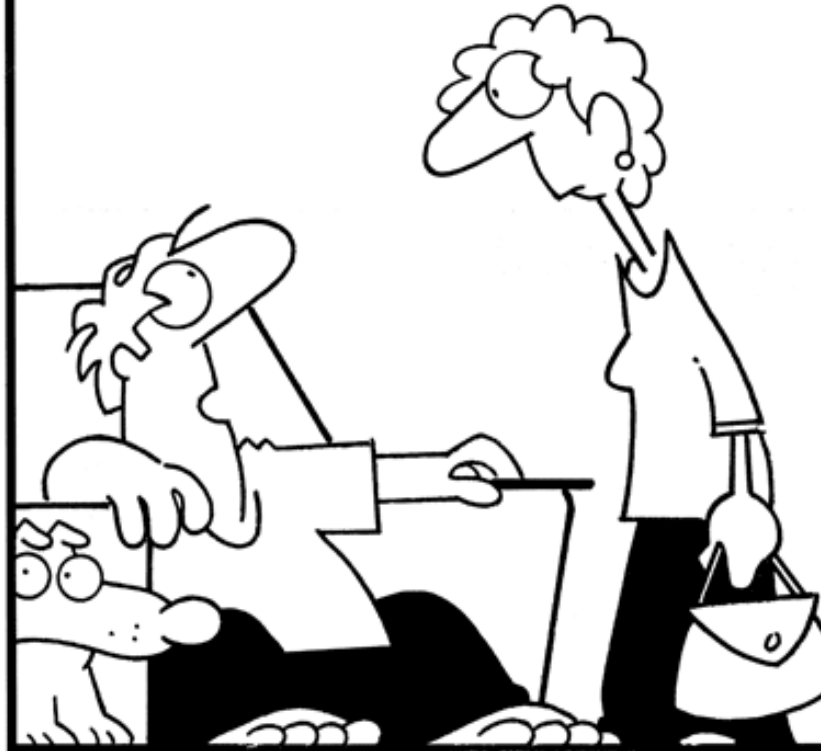
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“I did a 30-minute workout today: 15 minutes looking for my sneakers, 10 minutes looking for my sweat pants and 5 minutes on the treadmill.”



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"Hey, we have one of those. You hang your laundry on it."



Overview

- The issue
- School Program
- LifeFit & NIH Projects



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Overweight/Obesity in America

- More than one-third of U.S. adults are obese (BMI 30.0 and Above)
- More than one-third are overweight (BMI 25.0 – 29.9)
- Obesity-related conditions include heart disease, stroke, type 2 diabetes, and certain types of cancer; some of the leading causes of death. These chronic diseases are a primary contribution to health care expenses in the United States.
- In 2008, medical costs associated with obesity were estimated at \$147 billion; the medical costs paid by third-party payors for people who are obese were \$1,429 higher than those of normal weight.



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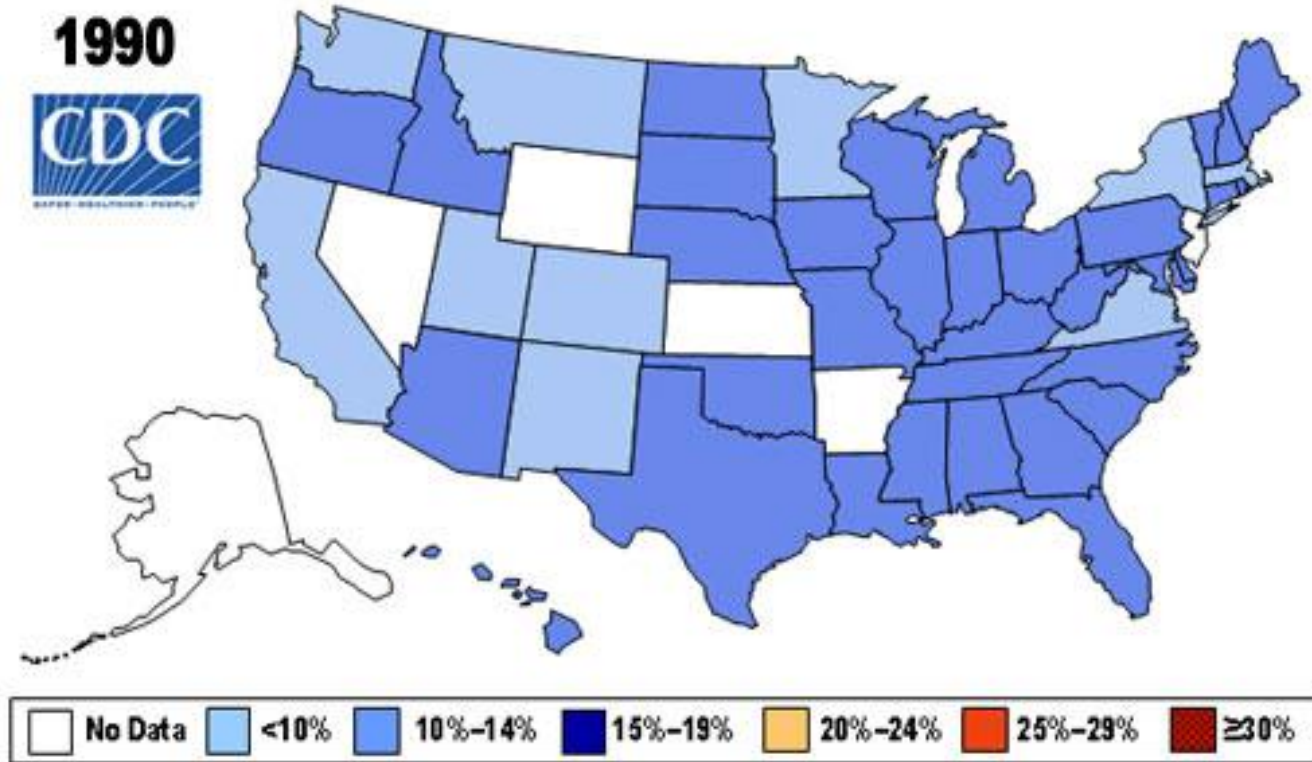
Obesity for Adults with Disabilities

Obesity rates for adults with disabilities are
58% higher than for adults without
disabilities.

From the 2008 Behavioral Risk Factor Surveillance System

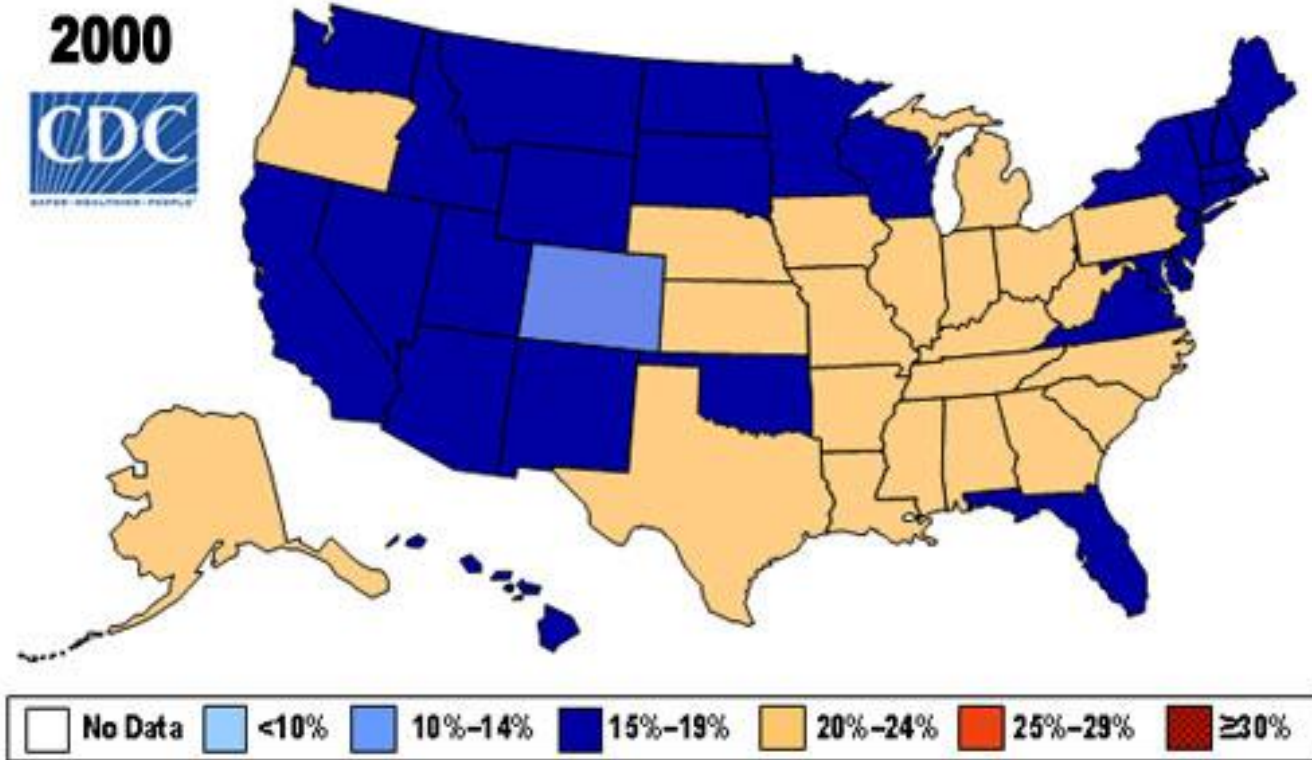


Obesity trend over the years



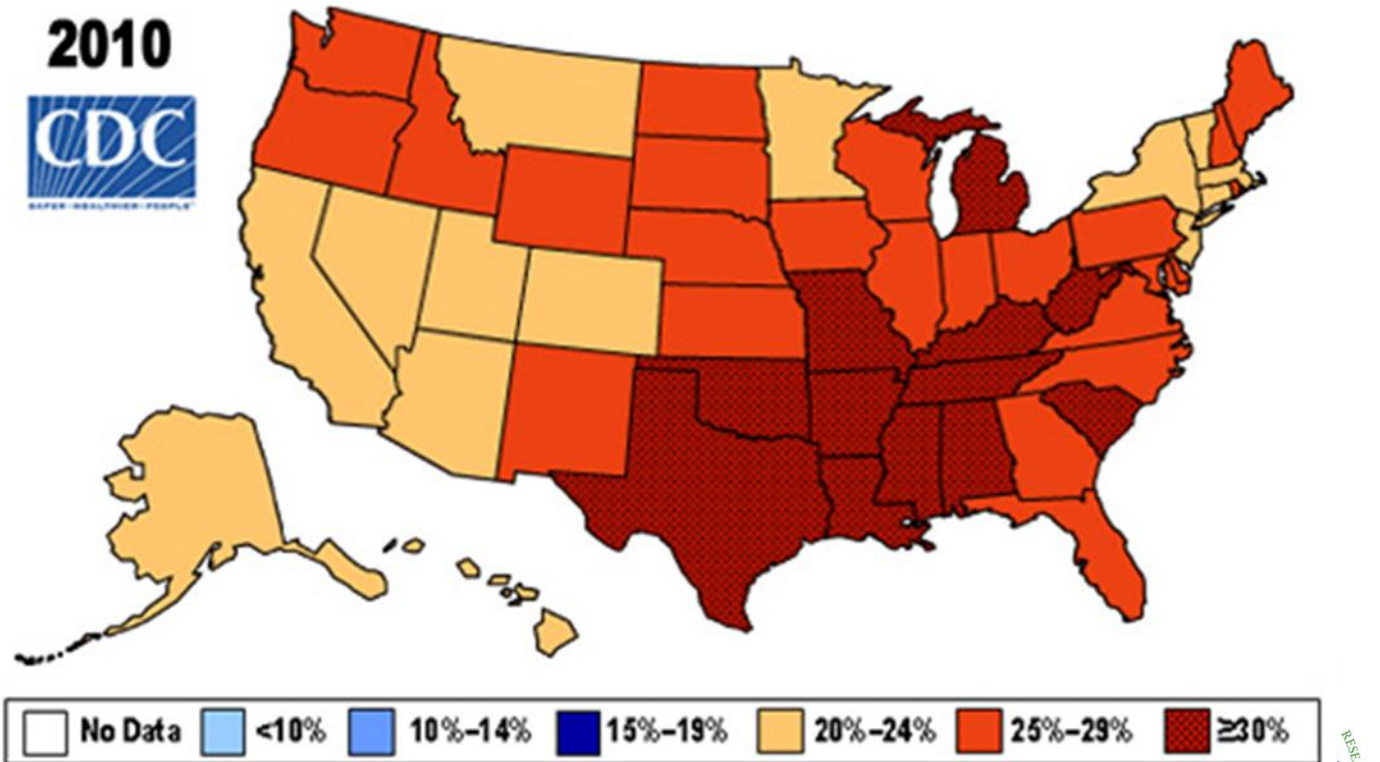
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Obesity trend over the years



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Obesity trend over the years



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Childhood obesity

- Approximately 16% (or 12.5 million) children and adolescents aged 2—19 years are obese.
- Since 1980, obesity prevalence among children and adolescents has almost tripled.



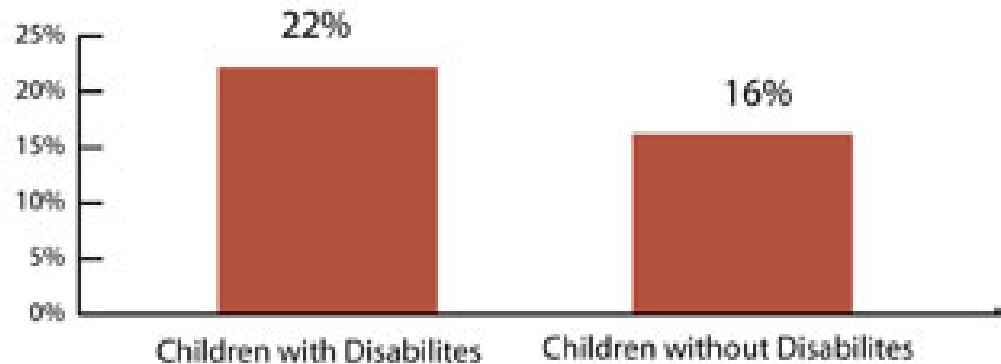
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Obesity for Children with Disabilities

Obesity rates for children with disabilities are 38% higher than for children without disabilities.

From the 2008 Behavioral Risk Factor Surveillance System.

Percentage of Obesity Among Children



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School Program



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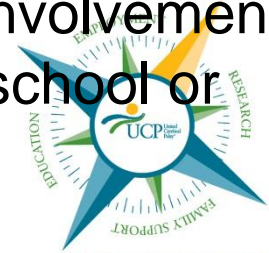
LifeFit's School Program

- Overview
 - \$5,000 Grant
 - No cost to sustain program other than healthy snacks
- Semester Breakdown
 - 2 semester long program
- Why sign up?
 - Benefits for students, parents, and teachers
- Next steps
 - \$575.00 for curriculum and 6 training hours



LifeFit's School Program

- Funded through grants from a local foundation (we will give you narrative)
 - \$5,000 Grant each school
 - One time cost for curriculum, overview, and training session
 - No cost to sustain program, year after year, other than healthy snacks
- 2 semester long program
- 2 – 1 hour lessons per week
- Lessons include guidance on Fitness and Nutrition
- Curriculum is evidence based
- Program includes student, parent, and teacher involvement
- Can easily be adapted to any grade level, after-school or community-based program



Semester Breakdown

- 1st semester
 - UCP teaches for first session of the week
 - In the second session of the week, School Teacher reviews the first session
- 2nd semester
 - UCP teaches 3 lessons (beginning, mid, end)
 - School Teacher teaches the majority of the lessons and reviews throughout the week
 - UCP staff available for consultations
- Future semesters
 - UCP staff available for consultations
 - Additional lessons may be provided as needed



The results are in...

- Out of 8 total schools that completed the program, all schools showed that students averaged a lower resting heart rate and blood pressure
- Students tried new foods and participated in activities they loved!
- Students socialized and learned from their peers through in-class activities.



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Why should you sign your schools up?

- There are benefits for all parties involved!

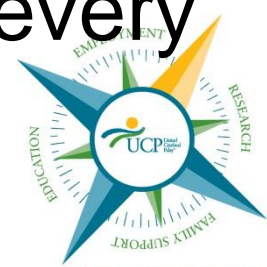
- Students
- Parents
- Teachers



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Benefits for Students

- Practical exercise and nutrition guidance that may help increase their health and independence
- Handouts and activities they may do independently at home
- Learn from their peers
- Healthy snacks and activities for every lesson!
- They have fun!



Benefits for Students

“One thing I learned was the heart is a strong muscle.”

“My favorite snack was the hummus.”

“My favorite activity was the yoga.”

Students from Cedar Cliff High School



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Benefits for Parents

- Children typically select their food based on the choices provided to them by their parents
- Learn practical Exercise and Nutrition tips by attending 4 quarterly parent meetings
- Biweekly Newsletters are sent home with information and additional tips that correspond to the lessons their children are learning
- Group interaction and social networking through other parents with similar situations



Benefits for Parents

"When Monica (the LifeFit director) approached my husband and I about LifeFit for our non-ambulatory child with CP and developmental delays, my first thoughts were 'there is no way this is for her' and 'I doubt she would get anything out of it.' Boy was I wrong!

Thanks to Monica's gentle encouragement, Sophia participates in LifeFit and today she actually does some of her adapted exercises on her own. Sophia's upper body strength has increased, her head control is amazing, and she is able to release some of her very spastic muscles by doing her "Yoga" breathing. You know that one leg lift that you and I were able to do when we were 5 years old? Well, Sophia can do that by using her breathing techniques... she pulls her leg straight up and actually holds it. For a child as spastic as she is...that is a HUGE goal. It all ties in. If she can reach her arm up over her head, this helps with dressing, brushing teeth, reaching her communication device.

Once again, Sophia has taught us to never underestimate her or put limits on her life."

Parent of Student participating in School Program



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Benefits for Teachers and Schools

- Teachers are provided curriculum to teach in future classes
- They are given tips and resources to continue educating the students
- No cost to sustain program, year after year, other than healthy snacks



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Benefits for Teachers and Schools

“I think [the curriculum] is taught on a level appropriate for LifeSkills.”

“The curriculum provides students with good information while keeping them engaged.”

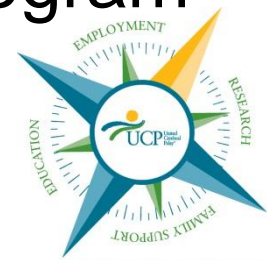
Teachers and Aides from Central Dauphin East High School



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Next Steps

- If your agency is interested in signing up for this program, we can work with you to set up training sessions on how to use the curriculum
- Training includes:
 - How to receive funding
 - How to generate interest in your program
 - How to teach the curriculum
 - How to continue future interest



Next Steps

Total Package = \$575.00

Package Includes =

- Manual/Curriculum
- 6 Training hours
- Shipping costs



*Travel expenses, if required, are not included

**Other needs can be negotiated



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Activity Break!



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LifeFit & NIH Projects



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LifeFit

- What is LifeFit?
 - Evidence based fitness and nutrition support
 - Partnered with Temple University Institute on Disabilities
- LifeFit's involvement in the community
 - Individual Consumers
 - Fitness center, home, day programs
 - National Institutes of Health (NIH) Grants
 - School Program
- About the speaker
- About UCP Central PA



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What is LifeFit?

- LifeFit provides education and modeling of healthy living for persons with Intellectual and Developmental Disabilities (I/DD)
- Issue: Persons with disabilities have greater rates of overweight/obesity and chronic diseases.
- Goal: Improve health and increase independence, socialization, and community participation
- Instructors are degreed kinesiologists/exercise physiologists



Challenges Facing People with Disabilities

- A lack of healthy food choices.
- Difficulty with chewing or swallowing food, or its taste or texture.
- Medications that can contribute to weight gain, weight loss, and changes in appetite.
- Physical limitations that can reduce a person's ability to exercise.
- Pain.
- A lack of energy.
- A lack of accessible environments (for example, sidewalks, parks, and exercise equipment) that can enable exercise.
- A lack of resources (for example, money, transportation, and social support from family, friends, neighbors, and community members).



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LifeFit

- Program began in Nov '06
- 38 individuals
 - Results analyzed at Temple University with positive outcomes
- Primarily Medicaid Waiver funding and some private pay
- We now provide programs for individuals, small groups, adult day programs, group homes, and schools;
 - Servicing over 150 people every week!



Outcomes

- Overall, the evidence shows that regular physical activity provides important health benefits for people with disabilities.
 - Improved cardiovascular and muscle fitness
 - Improved mental health
 - Better ability to do tasks of daily life
- To learn more about physical activity for individuals with disabilities, visit the National Center on Physical Activity and Disability at <http://www.ncpad.org/>



Guidelines for persons with disabilities

- **Centers for Disease Control (www.cdc.gov)**
- **Key Guidelines for Adults With Disabilities**
- Adults with disabilities, who are able to, should get at least 150 minutes per week (2 hours and 30 minutes) of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- Adults with disabilities, who are able to, should also do muscle-strengthening activities of moderate or high intensity that involve all major muscle groups on 2 or more days per week as these activities provide additional health benefits.
- When adults with disabilities are not able to meet the above Guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.
- Adults with disabilities should consult their health-care providers about the amounts and types of physical activity that are appropriate for their abilities.



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Visual Resources

Nrgbalance.org

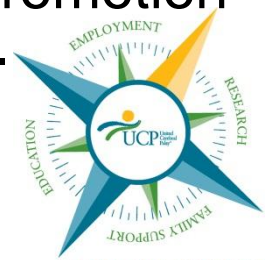
- Physical Activity Log
- Screen Time Log
- Fruits and Vegetable Log
- Healthy Beverage Log
- Activity Calendar



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NIH Grant Participation: Childhood

- This project establishes an academic-community partnership in Dauphin, Cumberland and Perry Counties
- Encourages healthy lifestyles among children with disabilities and to reduce their risk of obesity
- Identifies research priorities and develops a long-term agenda to reduce obesity risk in children with developmental disabilities.
- Promotes activities to heighten the community's awareness of the problems of health risks associated with overweight and obesity for children with developmental disabilities
- Provides the community with up-to-date health promotion information based on current research initiatives.



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Ready Set Go 4 Health

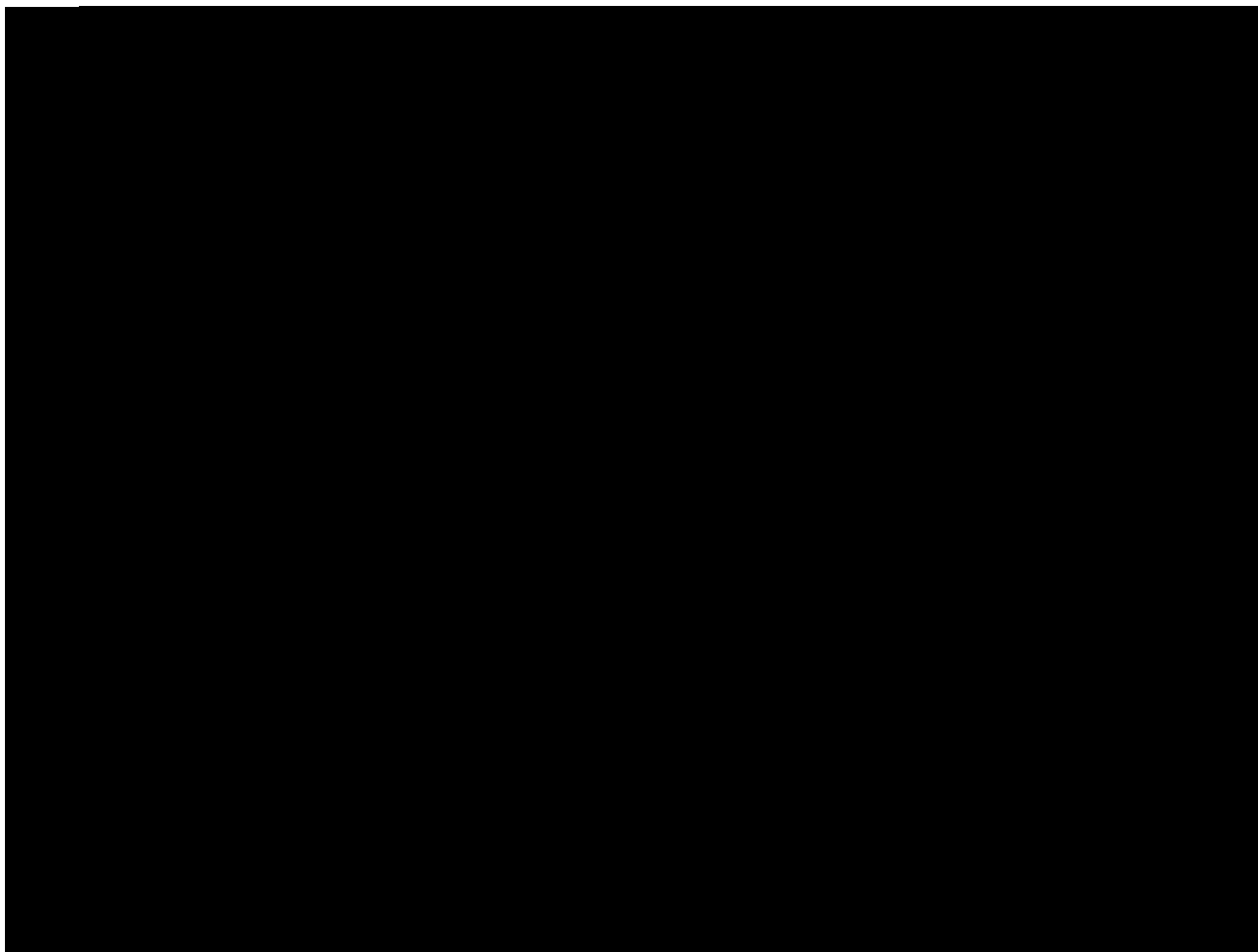
- The READY Project was started by a group of community volunteers working on the related grant from the National Institutes of Health (NIH) to encourage healthy lifestyles among children with disabilities and to reduce their risk of obesity.
- Website provides children and parents with resources needed to assist them to lead healthier lives, including exercise videos and other helpful resources.
- <http://www.readysetgo4health.net>



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Ready Set Go 4 Health

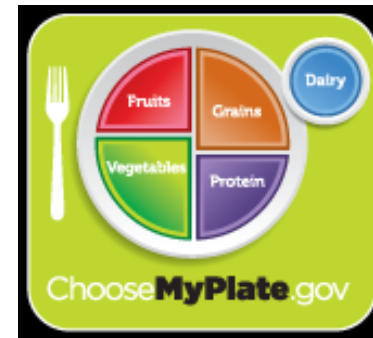


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NIH Grant Participation: Adult

- Current research project with 36 group homes (9 different providers) that increases knowledge of consumers and staff about meal planning, shopping, food preparation, and portion “management.”
- 3 groups
 - Intensive Education
 - Plates only
 - Control Group
- Research to be completed April 2013
- We will provide results to UCP affiliates.



Take away from presentation

- Every individual can benefit from exercise!
- Resources are helpful!
- Be creative!
- If you wish to start a program similar to ours, we are happy to help!



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Questions?!?

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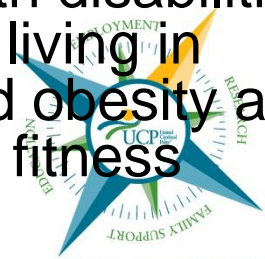


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About the speaker

Monica Lazur is the Project Director of the LifeFit program at UCP Central PA, located in Camp Hill, PA. She graduated in 2007 from James Madison University, located in Harrisonburg, VA, with a Bachelors in Kinesiology, concentration in Exercise Science. Currently, she is attending Temple University, located in Harrisburg, PA, for her Masters in Public Health, Social and Behavioral Sciences track. Monica has been involved with the LifeFit program for over 4 years expanding the program from working with adults to also include childhood programs. Monica contributes to two National Institutes of Health projects that Temple University and UCP Central PA are conducting; one on childhood obesity in children with disabilities and the other on nutrition for adults with disabilities living in group homes. She has a great interest in childhood obesity and continues to search for ways to improve health and fitness programs in her local community.



About UCP Central PA

- For over half a century UCP Central PA (UCP) has been meeting the needs of individuals of all ages with all types of disabilities and special needs, from pediatric to geriatric. In 2011, UCP provided services and programs for more than 4,000 children and adults with a wide range of conditions and diagnoses, not just cerebral palsy.
- UCP currently provides both community and center-based programs and services in 15 Central Pennsylvania counties: *Centre, Columbia, Cumberland, Dauphin, Juniata, Lancaster, Lebanon, Lycoming, Mifflin, Montour, Northern York, Northumberland, Perry, Snyder, and Union counties*
- We operate from 25 facilities: the Capital Area Children's Center, fifteen adult day programs, eight community homes, and an assisted living apartment complex.
- Visit us at: www.ucpcentralpa.org



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