

HealthMessages Program for People with I/DD: Efficacy of Peer Coaching

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Literacy Research
Conference**

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Peer-Led Health Initiatives

- **Health disparities for people with intellectual and developmental disabilities (I/DD)**
 - Earlier age-related health conditions
 - Poorer health status
 - Sedentary lifestyles, high fat diets, low fruit and vegetable intake
- **Culturally and linguistically appropriate health education**
- **Expand health promotion research to include people with I/DD as peer health workers**

Theoretical Components

1. Participatory Action Research

- Joint process between stakeholders (SO athletes, ALPs coordinators, SO coaches, family members, other individuals who support SO athletes) and researchers

2. Bandura's Social Cognitive Theory

- Perception of the pros and cons of change, confidence in the ability to change, perceived level of social support to adopt a new behavior

3. Transtheoretical Model (TTM) of Behavior Change

- Change behavior across five stages

4. Empowerment Theory

- Increasing power among stakeholders to take action to improve health

Design and Methods

Phase 1: Development

- Focus groups in two state in the U.S. (midwest and southeast)

Phase 2: Peer to Peer HealthMessages Program Workshop

- 20 SO ALPs Athletes (HLCs) and 19 Helpers in 2 states
- Pre-test (T1)/Post-test (T2)

Phase 3: 12-Week HealthMessages Program Implementation

- SO Athlete Peers
- Program Evaluation with Pre-test (T1)/Post-test (T2) – Athlete Peers
- Post-test (T3) – HLCs and Helpers

Research Questions

What is the impact of the Peer to Peer HealthMessages Program Workshop for HLCs and Helpers on the following variables:

1. Self-Efficacy
2. Health Knowledge
3. Health Advocacy
4. Health Behaviors (program evaluation with peers)
5. Satisfaction and Impact

Peer to Peer HealthMessages Program Workshop: HLC Manual

- Learn how physical activity and drinking water can help our bodies.
- Talk about health messages to be more physically active and drink more water.
- Become a Healthy Lifestyle Coach (HLC)



**HealthMessages
Program**

**Healthy Lifestyle Coaches:
Coaching Manual**



HealthMessages HLC Coaches Manual

These are the health messages classes that you will coach each week for 3 months.

- **12 HealthMessages classes.**
- **Support health behavior change:**
 - *"Tell me...I forget"*
 - *"Show me...I remember"*
 - *"Involve me...I understand"*

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Week 2: Healthy is Being Wealthy?

Weekly Lessons

- Agenda
- Talking Points
- Time
- Materials



Agenda (30 minutes)

1. Warm-Up (5 minutes)
2. Get Ready (10 minutes)
3. Take Charge! (10 minutes)
4. Pass it On (5 minutes)



Talking Points

This class is about what "being healthy" means to everyone.



Time

This class will take about 30 minutes.



Materials

- HLC Coaching Manual
- Sign in Sheet
- Pens/pencils
- Ground Rules and Fun Facts Posters

Leadership Checklist

5 new skills

1. Delivery
2. Visual aids
3. Body Language
4. Audience Participation
5. Technical Competency

Leadership Checklist

This week you can focus on the following **Delivery** activities:



Greet everyone warmly.



Use a loud voice for everyone to hear.



Present health message in order: 1) Warm-up; 2) Get Ready; 3) Take Charge; and, 4) Pass It On.



Provide an overview of the class.



Use examples and pictures.



Explain unknown or difficult words.



Summarize the main points at the end.

Notes

Weekly HealthMessages Peer Booklets

- Warm-Ups
- Get Ready
- Take Charge
- Pass it On

HealthMessages Program

Week
11

Take Charge
of Your Health!



Peer Booklet

Cool as a
Cucumber!



Peer Booklet

Demographics and Results

	Healthy Lifestyle Coaches (HLCs) (n=20)	Mentors (n=19)
Age	31.6 (SD=5.9)	54.7 (SD=12.9)
Gender	55% (n=11) female	72.2% n=13 female
Race	90.0%, n=18 white, not of Hispanic	88.3, n=15 white, not of Hispanic
Education	Special Education Diploma was the highest	61.1%, n=11 some college education (61.1%, n=11)
Outcome Variables	↑Self-Efficacy ↑Hydration Knowledge	↑Self-Efficacy ↑Advocacy

Satisfaction

HLCs	Mentors	Peers
90% stated that the HealthMessages Workshop was great would recommend the program to their peers to become HLCs.	89% stated that the HealthMessages Workshop was great.	92% Feel better after 12-week Program and 84% said Program was fun
95% liked Workshop materials and 75% liked the role play.	83% liked Workshop materials and 94% liked the role play.	81% Liked having peer be HLC
100% thought the Workshop was worth their time.	100% thought the Workshop was worth their time	44% noted weight loss during Program
Helping peers learn about a healthier lifestyle	Watching people reach goals each week and have "Ah-ha moments"	58% wanted to learn more topics

Next Steps

- **Peer to Peer**

- Sample size – more participants to increase power
- Fidelity – maintain consistency with implementation of 12-week Program
- More control with setting, time-frame, commitment

- **Changing the Conversation**

- Social participation vital for health and wellbeing
- Health and well-being vital for social participation
- Address individual and community health concerns through a broader scope of action (PAHO, 1999)

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