

Improving Health Outcomes Through Health Education & Self Advocacy (Health Matters)

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Community Partners: Donna Budway, Paula Manion (Our Stomping Ground)

PUBH 6299 - The Autism Experience

- Community Participatory Methods
- Adults d/x Autism/ID
- Transition to Independent Living
- Volunteer Service Learning





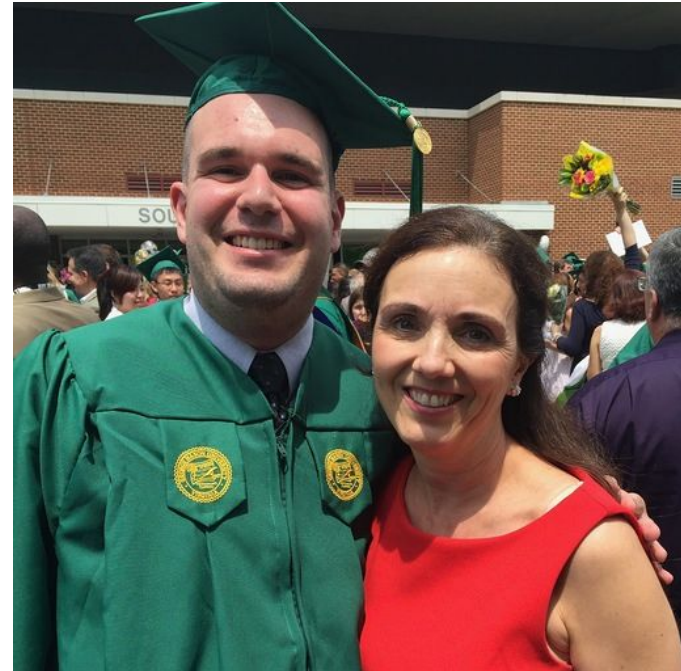
Our Stomping Ground

“To build inclusive communities and strengthen neighborhoods through diverse programming, sustainable, affordable housing, and social spaces for people of all abilities.”

- OSG Mission Statement



our stomping ground





The Aim:





Health 'Really' Matters Program

- 10 week course: nutrition, physical activity, mental health
- Evidence-Based Lessons
- Evaluate Health Outcomes



Lesson Plan

DATE	LESSON	TOPIC
February 17	Lesson 1	<i>What does being healthy mean to you?</i>
February 24	Lesson 2	<i>What is physical activity?</i>
March 3	Lesson 3	<i>Nutrition</i>
March 10	Lesson 4	<i>Self Care and Self Advocacy</i>
March 17	Lesson 5	<i>Energy and Sleep</i>
March 24	Lesson 6	<i>Importance of Water</i>
March 31	Lesson 7	<i>Making a Healthy Menu</i>
April 7	Lesson 8	<i>Heart Health</i>
April 14	Lesson 9	<i>Making an Exercise Plan, Goal Update</i>
April 21	Lesson 10	<i>Mental Health and Mental Wellbeing</i>



The Plan:





Timeline:

September - October 2022

Curriculum/Progress Tracker Development

Evidence Based Practice Measures include: fruit/vegetable servings, minutes of physical activity, mood evaluation.

January 2022 - February 2023

Community Partnership Outreach

Contact Community Partners: Sites for food labs; Physical activity lab space; student recruitment

March 2023 - May 2023

Didactic Course/Lab

Didactic Course for 10 weeks;
Physical Activity Labs (6);
Nutritional Labs (5);
Art Therapy Labs (3)

Pre, Mid, Post Intervention Surveys

March 2023 - May 2023

Short Term Progress Tracking/Reflections

Statistical Analysis Tracking
Health Measures;
Progress/reflections with health course



Health Matters Course Self Esteem Plan:



Self Affirmations: Affirmations; Things You Like About Yourself; Goals

Exercise Goals: Running, Swimming, Yoga, SMART goals.

Self Care: What are self care activities that are important to you?

Journaling: Gratitudes, Progress, Reflections

Friendship: Who in your life: Gives you advice? Brings you joy? Understands you?



Labs:




Health Matters Lab

Steps to Guide to Grocery Shopping

- ★ **One:** Decide what you would like to eat for the week for breakfast, lunch, dinner, snacks, and dessert
- ★ **Two:** Make a list of needed ingredients by category.
- ★ **Three:** Make sure that you are taking inventory of what you already have and also checking expiration dates.
- ★ **Four:** Now you can create a list of needed items that you don't have.

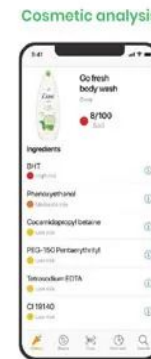
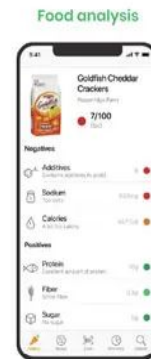


 The Nourishing Home's Healthy Weekly Meal Plan <small>(For more meal planning ideas and recipes, visit http://thenourishinghome.com)</small>							
Meal	MON	TUES	WED	THURS	FRI	SAT	SUN
Dinner							
Lunch							
Breakfast							
Do Ahead	MON	TUES	WED	THURS	FRI	SAT	SUN
Tasks to do to 'prep' for next day							

Healthy Weekly Meal Plan ©2022 The Nourishing Home • For Personal Use Only • Images courtesy of <http://www.kicgardens.com> and <http://www.cbeez.com>

CREATE A GROCERY GAME PLAN
 GROCERY LIST

FRUITS	GRAINS <small>(BREADS, PASTAS, RICE, CEREALS)</small>
DAIRY <small>(MILK, YOGURT, CHEESE)</small>	VEGETABLES
PROTEIN FOODS <small>(MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)</small>	OTHER
NOTES:	





The Scholarship:





Gaps In Literature

94% of published autism studies are focused on younger populations (infants, toddlers, children, adolescents) (Jang et al., 2014).

Only 3% of U.S. autism research funds in 2018 went to study autism in the transition to adulthood and through adulthood (Sarris, 2021).

J. Jang et al./Research in Autism Spectrum Disorders 8 (2014) 1756–1760

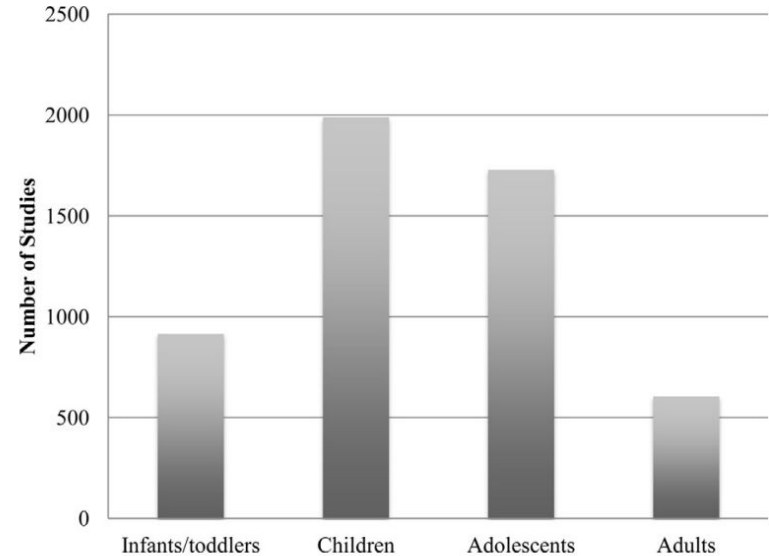


Fig. 3. A total number of studies by age groups.



Data Collection:

- Pre/Post Course Data Collection
 - Health Measures
 - Qualitative Data
- Data Presentation
- Research Paper

What more could have been done to support your transition between adolescence and young adulthood?

12 responses

Make sure we have the communication to get to these stages.

Extra healthy advice

Stay healthy and speak up more

Honestly, I don't know. Probably I could've made a budget a little easier.

I could have seeked out help to deal with mental health issues.

classes like this and more inclusion

More opportunities for inclusion



Aims / Hypotheses:

Primary: To determine if there is a significant difference in scale points in our health habits in adults (ages 18+) diagnosed with autism/intellectual disabilities over three time points: at baseline, at the 5-week midpoint mark in a health education course, and at the 10-week mark at the end of the course.

Secondary: To determine if sex will modify the association health habit scores over time in a health education course.

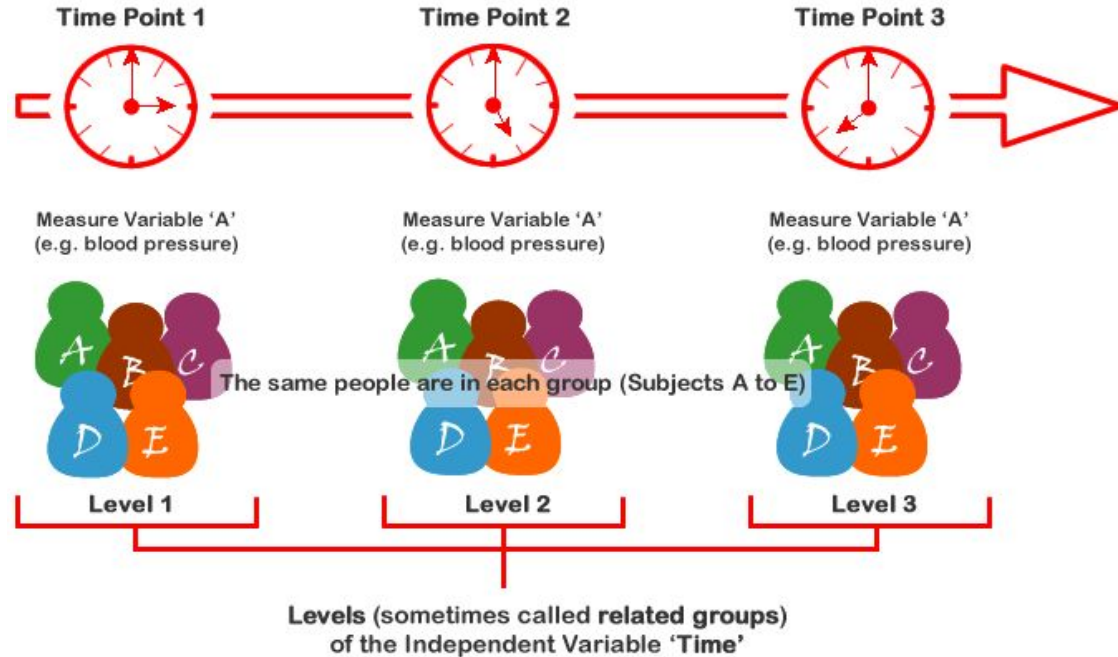


Statistical Analysis

Univariate repeated measures ANOVA

Potential Confounders: age, race, ethnicity

Potential Effect Modifiers: sex

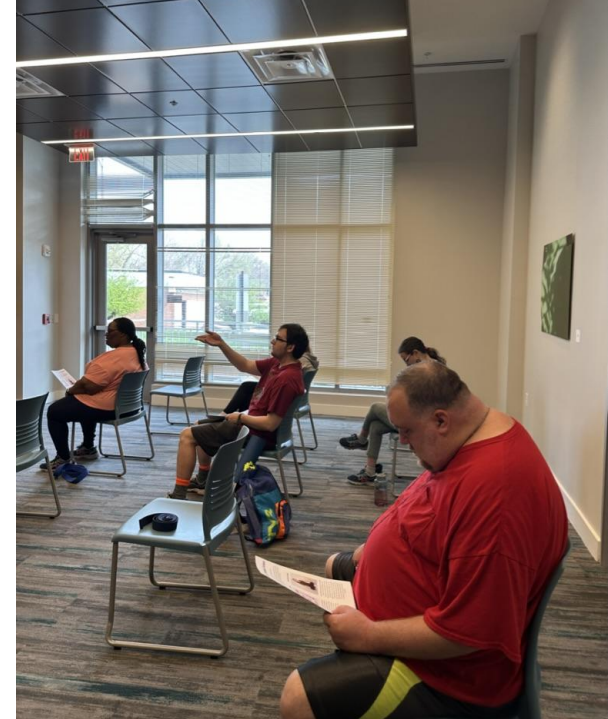
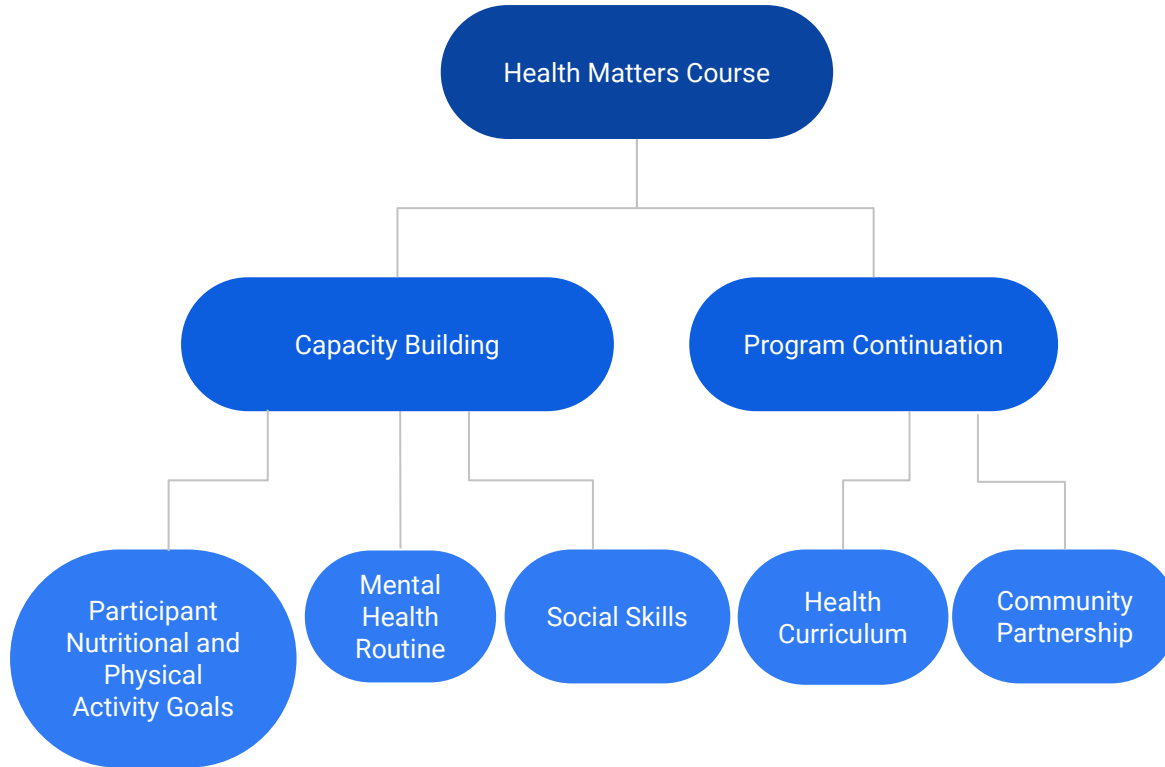




The Sustainability:



Through Health Matters...



Class Participation



Health Matters Course

Acknowledgements

Thank you Donna, Dr. Cleary, Robin, all of student participants in the Autism Experience course and all of our wonderful OSG participants!





Works Cited

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