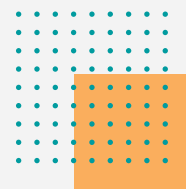


Health Programming for Individuals with Intellectual and Developmental Disabilities


Erin Fogarty, Olu J Motoni, Dr. Morgan Foster



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



1



Texas Council for Developmental Disabilities (TCDD) is a governor-appointed board and staff that serve as the only entity in state government solely focused on the needs and interests of individuals with developmental disabilities and their families.

Disability Community Coordinators Initiative
Established in 2019, the Disability Community Coordinators work in conjunction with TCDD, and with and through our county Extension agents to reach ALL Texans, including Texans with disabilities.

2

Ice Breaker



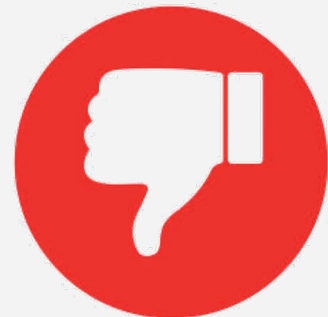
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What do we have in common?



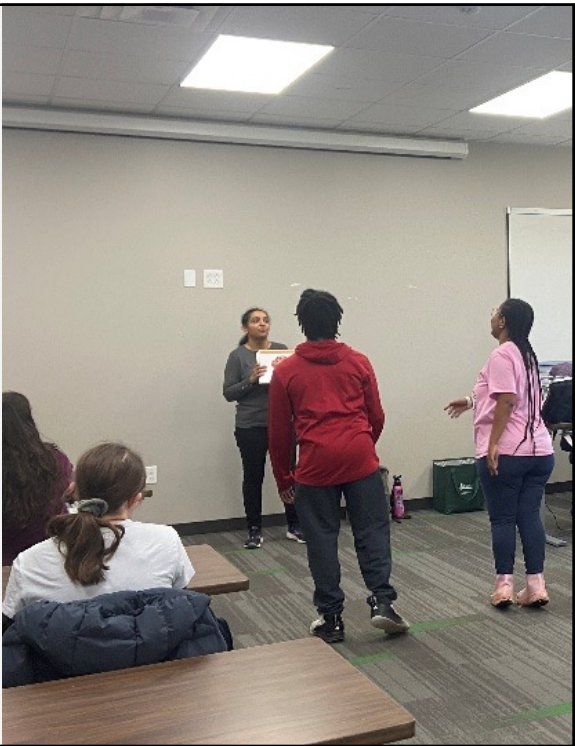
I like to
volunteer in my
community



4

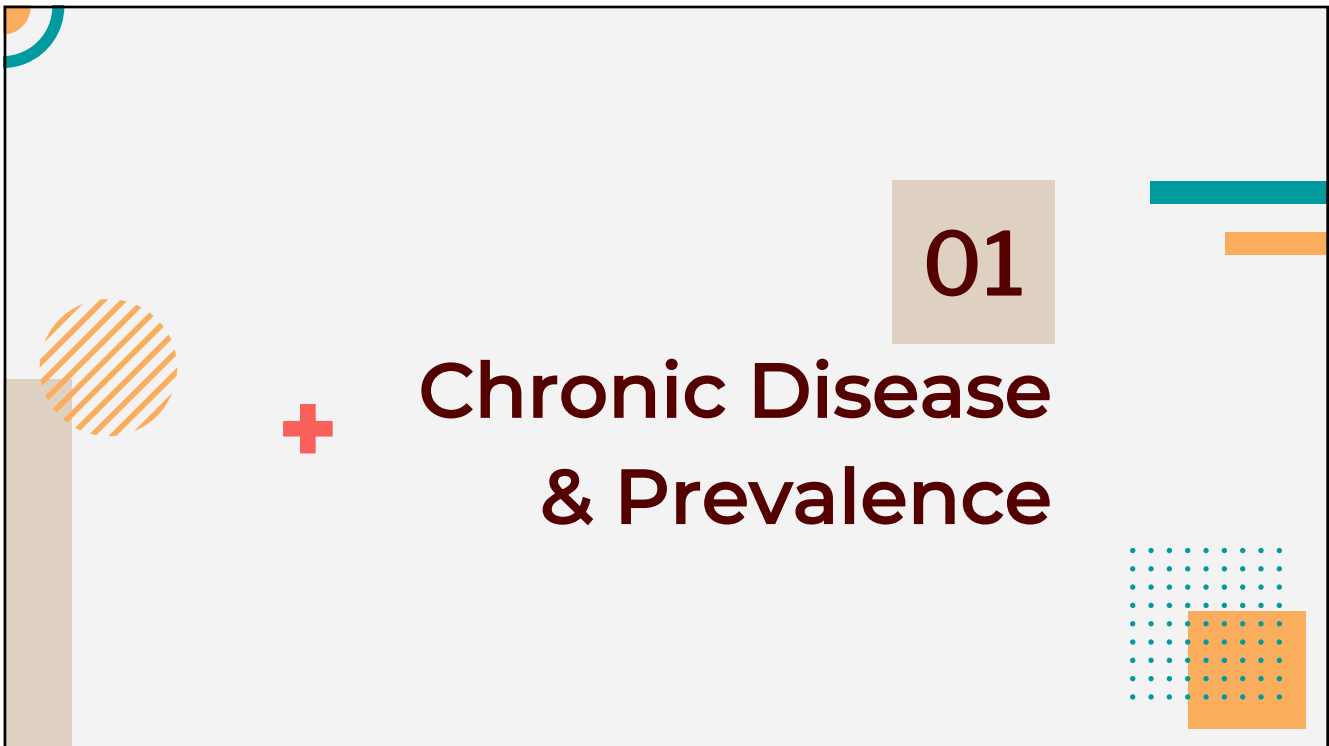
Agenda

- 01 Chronic Disease & Prevalence
- 02 Program Overviews
- 03 Next Steps
- 04 Wrap Up



5

01 Chronic Disease & Prevalence



6

+ Chronic Disease & Prevalence

80%

Of adults with disabilities reported **at least one** chronic health condition, with the most common being **arthritis, depression, and diabetes.**

7

+ Chronic Disease & Prevalence

Poor health outcomes for individuals with intellectual and developmental disabilities (IDD) are due to:

- Lack of access to high-quality care
- Inadequate preparation of health care providers
- Failure to include individuals with IDD in public health interventions
- Diets of residents in community group homes tend to be nutritionally poor

8

Chronic Disease & Prevalence

Health and wellness interventions aimed at individuals with IDD:

- increase self-efficacy for exercise
- lower depression
- improve cardiovascular health
- improve muscular strength and endurance,
- improve nutritional quality

9

02 Program Overviews

10

My Wellbeing Program

IOWA STATE UNIVERSITY
Extension and Outreach

My Wellbeing Program

Designed with people with intellectual and developmental disabilities in mind; specifically those who are interested in improving their wellbeing and quality of life.
Participants explore areas of wellbeing during six, 60-minute sessions!

- Getting to Know You**
Building community together
- Time for Me**
Understanding wellbeing
- Social/Emotional Wellbeing**
Building strong relationships
- Financial Wellbeing**
Understanding money
- Physical Wellbeing**
Enjoying good health and having energy
- Pulling It All Together**
Practicing how to make positive choices

- Designed with people with intellectual and developmental disabilities in mind, specifically those who are interested in improving their wellbeing and quality of life.
- six, 60-minute sessions

(Iowa State University Extension and Outreach, 2022)

11

My Wellbeing Program



Sessions

1. **Getting to Know You**
2. **Time for Me:** Understanding wellbeing
3. **Social/Emotional Wellbeing:** Building strong relationships
4. **Financial Wellbeing:** Understanding money
5. **Physical Wellbeing:** Enjoying good health and having energy
6. **Pulling It All Together:** Practicing how to make positive choices

12

+ My Wellbeing Reach and Impact

As of March 2026, **five counties** have implemented My Wellbeing.



13



HealthMatters™ Program
TEXAS

(Marks et al., 2010)

14

Health Matters

Evidence-based Administration for Community Living approved health promotion program designed specifically for and by people with IDD

12-week (3x/week) or 18-week (2x/week) program, includes 36 interactive online or paper-based health education lessons

Reached over 10,000 people w/IDD and over 2800 support staff across 35 states and 8 countries.

15

Facilitator Training

Training Requirements:



Attend the **virtual** national center's instructor certification training and **virtual** AgriLife Extension implementation training

- Training is held every 6 months for new teams/sites- Next training, Sept. 2026
- National virtual training- 3 hours
- AgriLife Extension virtual training- 1.5 hours

16

Program Implementation

Extension agents, MWV, and community partners collaborate to implement the program

- Disability Community Coordinators support County Extension Agents during program implementation
- Agents utilize a HealthMatters “suggested practices” implementation guide



17

Program Implementation

Implemented HealthMatters at 4 sites in North Texas:

- Kaufman, Tarrant, Dallas, and Denton Counties
- Goal Expand to additional sites around Texas



18

HealthMatters Reach and Impact

As of February 2026, 43 total participants across all sites

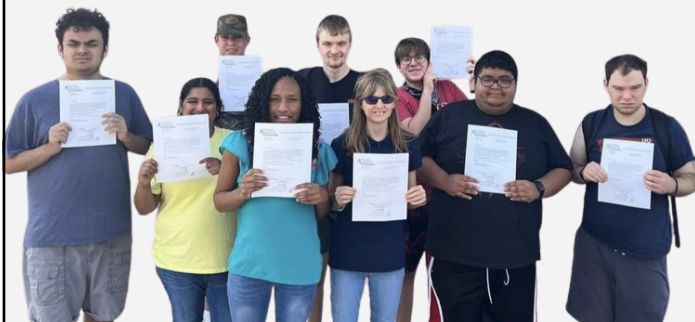
Selected results from sites:

- 100% of participants increased water intake, decreased soda intake, and increased overall fitness engagement.
- Prior to HealthMatters only 31% of participants were able to identify a “healthy behavior”. In the post-survey responses, 100% of the participants identified a healthy behavior.
- 100% of participants said HealthMatters was fun and worth their time, and they would recommend the program to their peers.

19

Adapted Food Handlers Training

Designed for individuals with disabilities, providing a supportive environment for learning food safety best practices. This training uses accessible materials and interactive methods to ensure everyone has access to the knowledge needed for safe food preparation.



- **Five engaging learning modules**
- **Includes interactive activities and games**

20

Adapted Food Handlers Training

Facilitator Training Requirements:

-  Completion of the AgriLife Extension Food Handlers Course (**FREE for approved MWV**)
-  Complete 45-minute training on the Adapted Food Handlers training materials

Sign-Up Today!



21

Thank you!

Q&A

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22



How to Get Involved

03

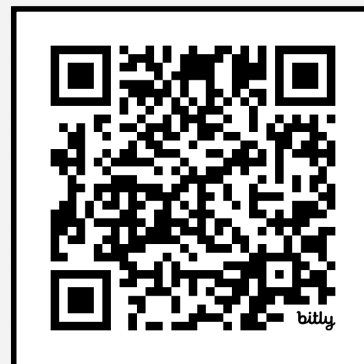
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23

Resources

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24