



# HealthMatters™ Program

## MARYLAND

HealthMatters, Maryland! Scale-Up Initiative is a health promotion initiative aimed at improving health and health promotion of people with intellectual and developmental disabilities (IDD) and their supports throughout the state of Maryland. HealthMatters Program Initiative is being implemented in five other states (Alaska, Illinois, Kentucky, Missouri, and North Carolina). Currently 59 community-based organizations are participating in the Initiative. Over 350 staff members have been trained and certified and over 1000 people with IDD have participated in the evidence-based 12-week HealthMatters Program in the six states. The goal of the Initiative is to build capacity to successfully implement health promotion activities throughout organization. The activities include the following:

1. Create a HealthMatters Team (3 or more staff members)
2. Develop a Wellness Committee (if not in place). A Wellness Committee Guide will be provided to you and includes resources and tools for wellness committees to establish, maintain and sustain a successful organizational wellness program.
3. Complete HealthMatters Assessments survey. A Report will be generated to be used to develop your organizational Strategic Action Plan for the next year.
4. Create and implement a year-long Strategic Action Plan for health promotion in your organization.
5. Attend three (3) 90-minute webinars *HealthMatters Train-the-Trainer Webinar* and complete 90 minutes of offline work between the webinars (total 6 hours of training). At least 3 staff members need to attend. Description of the *HealthMatters Webinar* can be found at <http://www.healthmattersprogram.org/healthmatters.html>.
6. Run at least one *12-Week HealthMatters Program* (3 times per week, 4-6 hours per week with minimum of 6 participants with IDD). Description of the 12-week Program can be found at <http://www.healthmattersprogram.org/12week.html>.

### WHAT SUPPORTS WILL YOU GET?

1. In-state State Coordinator support.
2. National support from HealthMatters Team (located at the University of Illinois at Chicago)
3. Free consultations on Wellness Committee and Strategic Action Plan.
4. Convenient free training via webinar.
5. Free Toolkit to start your 12-week HealthMatters Program (including evidence-based Health Matters: The Exercise and Nutrition Health Education Curriculum).
6. Certification for participating staff to teach 12-week HealthMatters Program to people with IDD.

If you are interested in participating in this state-wide initiative and you are administrator or executive director, please contact us.

### Contact Information

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