



ERNIE
MCNUTT

HEALTH AND WELLBEING
SERVICES FOR YOUR LIFE

WHAT ARE THE MAJOR CHRONIC CONDITIONS?

HEART DISEASE

STROKE

HYPERTENSION

CANCER

DIABETES

OBESITY

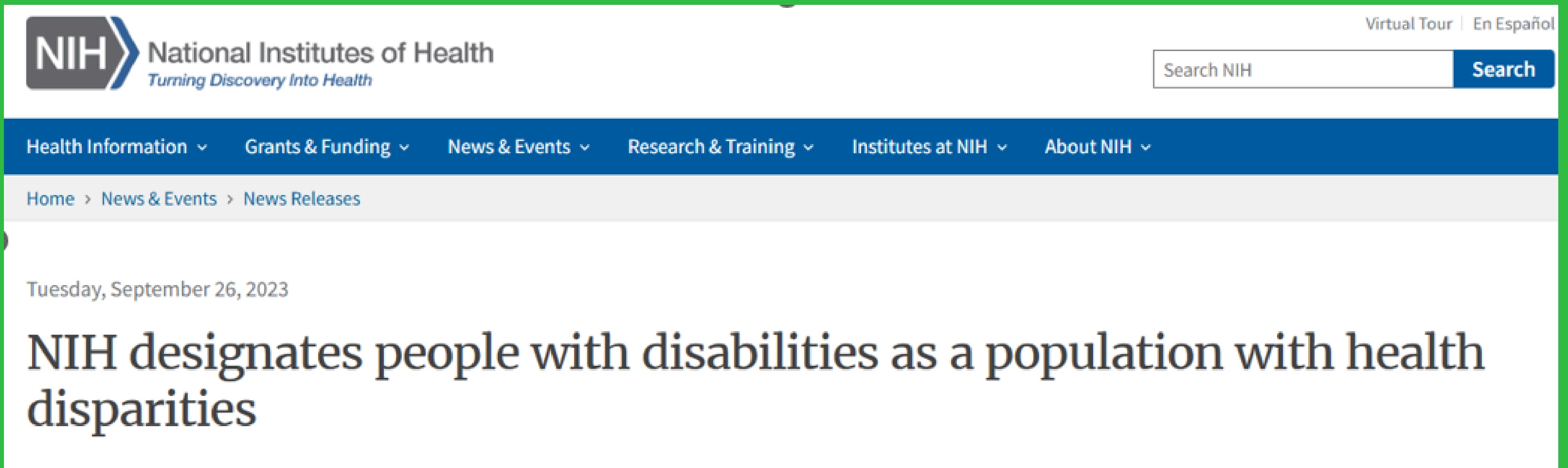
ARTHRITIS

CHRONIC KIDNEY DISEASE

TOOTH DECAY



NATIONAL INSTITUTES OF HEALTH (NIH) DESIGNATED PEOPLE WITH I/DD AS A GROUP EXPERIENCING HEALTH DISPARITIES



The screenshot shows the top of the NIH website. The header includes the NIH logo with the tagline "Turning Discovery Into Health", a search bar with the text "Search NIH" and a "Search" button, and links for "Virtual Tour" and "En Español". Below the header is a navigation bar with links: "Health Information", "Grants & Funding", "News & Events", "Research & Training", "Institutes at NIH", and "About NIH". A breadcrumb trail reads "Home > News & Events > News Releases". The date "Tuesday, September 26, 2023" is displayed. The main headline reads "NIH designates people with disabilities as a population with health disparities".

NIH National Institutes of Health
Turning Discovery Into Health

Virtual Tour | En Español

Search NIH Search

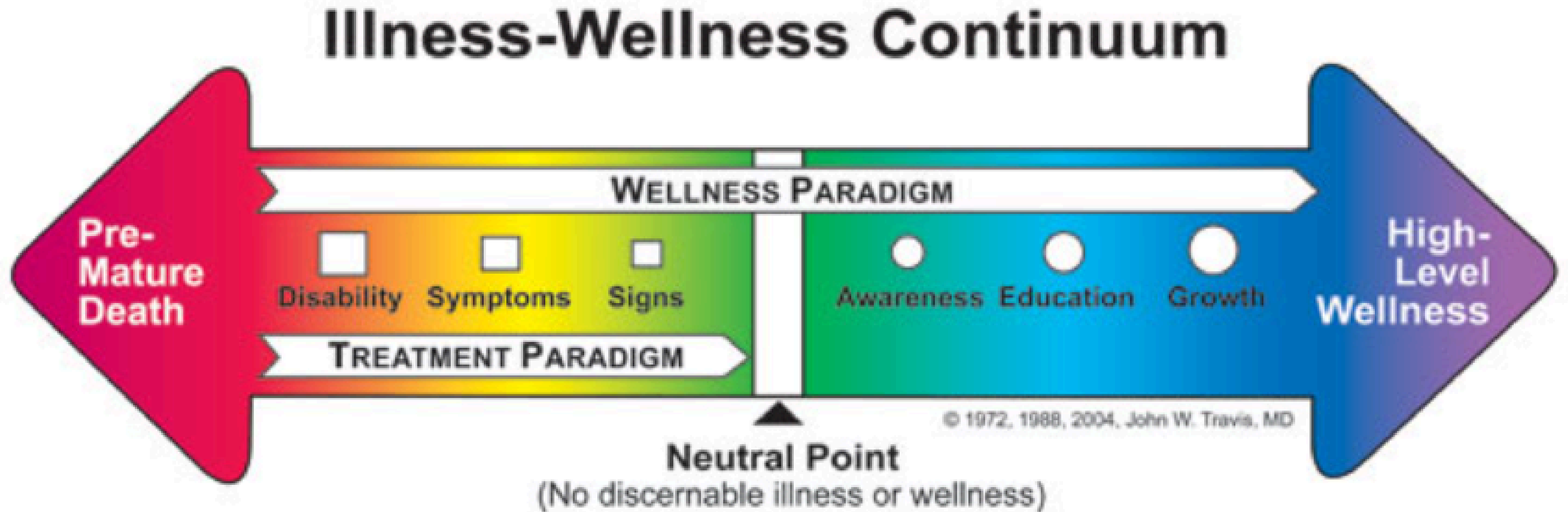
Health Information ▾ Grants & Funding ▾ News & Events ▾ Research & Training ▾ Institutes at NIH ▾ About NIH ▾

Home > News & Events > News Releases

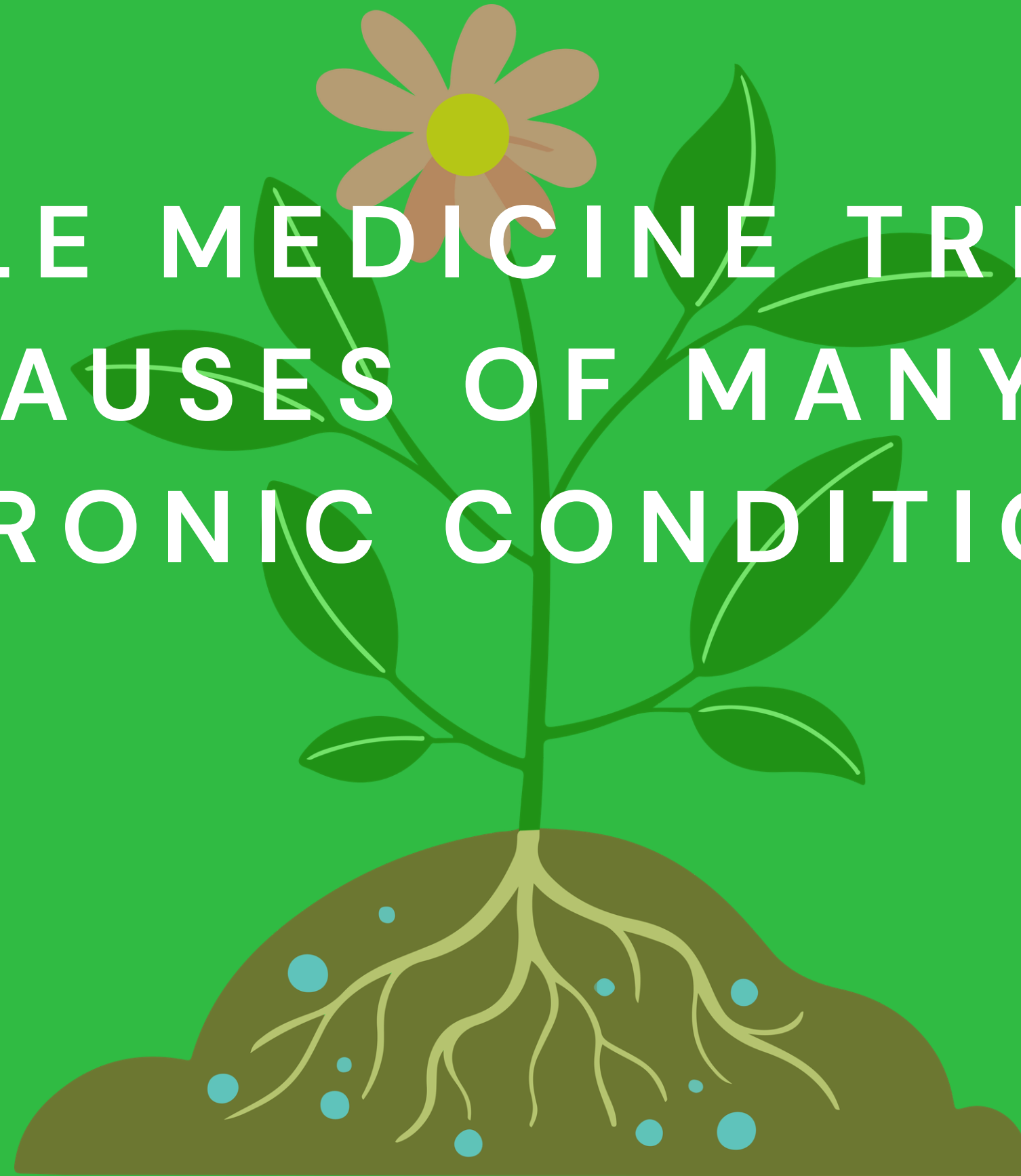
Tuesday, September 26, 2023

NIH designates people with disabilities as a population with health disparities

BEING HEALTHY IS A ON A SPECTRUM



LIFESTYLE MEDICINE TREATS THE
ROOT CAUSES OF MANY MAJOR
CHRONIC CONDITIONS



LIFESTYLE MEDICINE: DAILY HABITS ARE THE FOUNDATION OF HEALTH

- **EATING WELL**
- **MOVING MORE AND EXERCISING**
- **GETTING RESTORATIVE SLEEP**
- **MANAGING STRESS/SELF CARE**
- **REDUCING OR QUITTING RISKY SUBSTANCES**
- **MEANINGFUL SOCIAL CONNECTIONS**

AN IMPORTANT STUDY IN 2022 SHOWED THAT A
COMBINATION OF EDUCATIONAL CLASSES IN
LIFESTYLE CHANGE AND SUPPORT TO MAKE LASTING
BEHAVIORAL CHANGE HAD A POSITIVE IMPACT ON
LONG TERM HEALTH FOR PEOPLE WITH DISABILITIES

Qualitative Research

Health Coaching for People With Disabilities: An Exploratory Mixed-Methods Study

Krys Standley¹ , Craig Raveslout¹, Rayna Sage¹, and K. Ann Sondag²

Abstract

Purpose: To expand the reach of health-promotion efforts for people with disabilities, we piloted a health-coaching intervention with a disability-specific curriculum. We evaluated the intervention's effects on health-related quality of life and

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THE KEY FINDINGS FROM THE STUDY WERE:

- THE INFORMATION SHOULD BE TAILORED TO BEST SUIT THE INDIVIDUAL
- FOCUS ON PERSONALLY DESIGNED, FLEXIBLE HEALTH GOALS
- DEVELOP A POSITIVE VISION FOR FUTURE HEALTH
- BUILD SOCIAL SUPPORTS TO ADDRESS THE CHALLENGES AND CELEBRATE SUCCESS



**I OFFER CUSTOM CLASSES TO
INDIVIDUALS AND GROUPS:**

EATING WELL: YOUR WAY

EXERCISE AND

MOVEMENT: YOUR WAY

LIFESTYLE CHANGE: A

CUSTOM DESIGNED CLASS



THANK YOU!
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SCAN TO VISIT MY WEBSITE