



Alaska Health and Disability Program Newsletter

Spring/Summer 2015

Play Every Day

New Public Service Announcement

Reprinted from the Alaska Department of Health and Social Services Play Every Day campaign, May 5, 2015. (<http://1.usa.gov/1HR2YcZ>)

What does it look like in spring when dozens of Alaska kids decide to get out and play?

It looks like biking, hiking and running in the woods. Native dancing and doing the high-kick.



It looks like jumping in puddles during the same week another child sit-skis down the mountain. And

it looks like tumbling, sliding at the playground, and kicking around the soccer ball.

Last month we filmed kids doing all different types of physical activity to show that the possibilities for play are endless. The new 30-second TV [public service announcement](#) is packed with a fun and simple message: No matter what you like to do, just get out and play – 60 minutes – every day.

The Play Every Day campaign is run through the Alaska Division of Public Health's Section of Chronic Disease Prevention and Health Promotions. This spring, the campaign partnered with the division's Section of Women's, Children's, and Family Health Alaska Health and Disability Program to film this new public service announcement focused on the importance of daily physical activity for children of all abilities. The TV spot is now posted online on Play Every Day's YouTube Channel and features children with and without disabilities.

"All children, regardless of their ability or disability, benefit from physical activity," said Amanda Cooper, the Alaska Health and Disability Program Manager with the Section of Women's, Children's

35.6% of Alaska's children with disabilities are overweight or obese. ([NSCH, 2007](#))

and Family Health. “The Play Every Day campaign is the perfect avenue to encourage children of all abilities to get out and play.”

The Alaska days just keep getting longer and longer, making it easier to find a sunny stretch of 60 minutes. So there’s only one question: How will you choose to use that 60 minutes to get out and play?



Summer Camp

AHDP has produced an [Accessible Summer Camp Directory](#) for Alaska’s kids. The directory provides parents with information about potential summer camp activities that are accessible and emphasize a healthy lifestyle through nutrition and/or physical activity. The directory surveyed camps that specialize in kids with disabilities as well as general camps. The survey gathered information about general camp information, camp activities, and whether camps could accommodate kids with mobility, supervision, toileting, or dietary needs.

Sexual Health for People with Disabilities

In April, Joan Hamilton, RN, from Hope Community Resources partnered with Rain Van Den Berg, MPH, from the



University of Alaska Anchorage (UAA) Center for Human Development (CHD) to offer *The Elephant in the Room: Sexual Health for People who Experience Intellectual/Developmental Disabilities* (IDD) presentation at the Full Lives Conference in Anchorage. The session included a facilitated discussion among the more than 40 direct service providers and other professionals about sexual health for people who experience IDD. This is an important topic to address for several reasons including reducing a person’s risk of sexual abuse (as either a victim or perpetrator); to support choice and respect full lives; to increase the comfort level of team members; and to meet laws and responsibilities.

Everyone Get Ready!



What is an Exercise?

Homer, Alaska hosted a three-day full-scale emergency exercise in March, sponsored by the Alaska Department of Health and Social Services. These exercises improve individual, organization, and community performance throughout emergency mitigation, preparedness, response, and recovery.

Alaska Health and Disability Program Manager, Amanda Cooper, MPH, served as the Deputy Plans Chief in the Emergency Operations Center during

the exercise where participants responded to a simulated mudslide that destroyed the local hospital.



Every emergency exercise needs many volunteers of all abilities to make it successful. If you are interested in learning more about how you can become involved, or you would like to know what is happening in your community, contact your [Local Emergency Planning Committee](#).

Emergency Preparedness Training

Several partner agencies have teamed up with AHDP to provide additional trainings to disability agencies about emergency preparedness. Along with AHDP, the Municipality of Anchorage, Red Cross of Alaska, Access Alaska, Inc., and the Statewide Independent Living Council provided a series of sessions at the Full Lives Conference in April.

The *Initial Disaster Response - State and Local Government Emergency Planning* session demonstrated for participants what direct service providers and their clients can expect from state and local government entities in terms of services and support during and after a disaster; what governmental agencies plan; what direct service providers should plan; and for what community and individuals are responsible.

The *Family and Individual Disaster Preparedness* session taught individuals how to be prepared to respond to and recover from disasters such as house fires, winter storms, and earthquakes. Direct caregivers and clients were provided the tools to create emergency plans and response kits to enable care to continue after a disaster.



The *After the Emergency: Getting Back to Work* session discussed what goes into a continuity of operations plan (COOP) to ensure individuals and organizations are prepared not only for the emergency, but for the time immediately after the emergency.

Any Alaska disability-related agency can request free emergency preparedness training by contacting [AHDP](#).

Improving Communication between Healthcare Providers and Alaskans with Disabilities

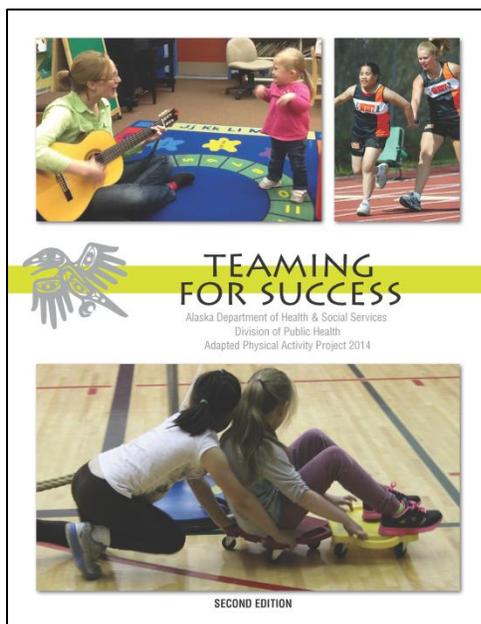


The AHDP needs assessment reported a need to improve how healthcare providers communicate with Alaskans with disabilities. In response, Rain Van Den Berg, MPH, from UAA CHD, and Marcy Rein, RN, MPH, from Making Anywhere Possible, LLC, developed the training, *Universal Design and Health Literacy*. During the training, participants discuss how universal design principles relate to

health literacy. They practice the application of health literacy principles with print materials. Participants discuss how universal design principles and health literacy principles can be integrated into one's own professional practice. The two have presented the training at both the Alaska Patient Safety Conference and the Alaska Health Literacy Summit. For more information on universal design and health literacy, visit Healthliteracy.com.

Teaming for Success

Pamela Skogstad, BS, MA, CAPE, of Accessible PE Consulting, LLC, is a nationally recognized expert in the field of adapted physical activity. With funding from AHDP, Pam traveled to many Alaska schools to provide 1-2 day workshops for school administrators, physical education teachers, and support staff. Each workshop participant contributed to a [Teaming for Success](#) resource booklet that includes various types of adapted physical activity based on age, disability, and activity. In fall 2015, AHDP will distribute the *Teaming for Success* resource booklet to every school in Alaska.



In 2015 and 2016, Pam will travel to four additional locations in Alaska to provide additional adapted physical activity workshops.

Spotlight on Marcy Rein

This summer, AHDP is saying goodbye to Marcy Rein, RN, MPH. In November 2011, Marcy began the Ad Hoc Committee on Health and Disabilities as part of her UAA Master in Public Health thesis. She gathered interested stakeholders from around Alaska who began the hard work to develop a strategic plan to address the health of Alaskans with disabilities.



When the Centers for Disease Control and Prevention State Health and Disability Programs funding opportunity presented itself, the work that Ad Hoc group completed became the foundation for the Division of Public Health Section of Women's, Children, and Family Health's application. That funding allowed for the formal creation of the Alaska Health and Disability Program, where Marcy has continued to be involved as a technical assistance consultant and program steering committee member.

Marcy is moving on to a new exciting adventure outside of Alaska with her family. She is grateful for the opportunity to be a part of AHDP, and knows that this important program will continue to do good work. She looks forward to getting involved with the disability community around her new home.

Improving health across the lifespan for Alaskans experiencing disabilities.

Alaska Health and Disability Program Mission

Around Town

AHDP has presented at many conferences and group meetings around Alaska, including

- Alaska Health Summit
- Full Lives Conference
- Alaska Health Fairs in
 - Anchorage
 - Seward
 - Fairbanks
 - Kenai

AHDP continues to share great projects and resources all over Alaska. Look for us at upcoming conferences, health fairs, and trainings.

If there are conferences or meetings, where you think we should share our resources, or would like to request training, let us know!

Find us on [Facebook](#).

Find us on the [web](#).

[Email](#) us.

Americans with Disabilities Act

25th Anniversary

Essay Contest

Alaskans are invited to submit an essay, image, or video answering the question:

How has the Americans with Disabilities Act affected your life in the area of

Employment
Community Inclusion
Education

Contest Deadline: July 1, 2015

For an application or more information: www.alaskasilc.org



Awards for Each Category

\$350 Grand Prize

\$150 Honorable Mention



