

Preventive Health Screenings

Definition

Preventive health screenings are an important part of health promotion, and are a cost-effective way to identify and treat potential health problems before they develop or worsen (CDC, 2010). Key preventive screenings include diabetes, blood pressure, cholesterol levels, tobacco, colorectal cancer, breast cancer, cervical cancer, weight, teeth cleaning, vision, and bone density. Information and action items specific to tobacco, sexual health, and oral health are primarily addressed within their own sections of this plan.

Rationale

These indicators have a disparity of 5% or more between Alaskans with disabilities and Alaskans without disabilities.

- 61.1% of Alaskan women over 40 years of age with a disability report having an annual clinical breast exam (compared to 68.3% of women without disabilities) (Alaska BRFSS, 2012).
- 65.7% of Alaska adults with disabilities report visiting a doctor for a routine checkup within the last year (compared to 57.9% of Alaska adults without disabilities) (Alaska BRFSS, 2013).

These indicators have a disparity of less than 5% between Alaskans with disabilities and Alaskans without disabilities, but will continue to be monitored for changes.

- 67.1% of Alaskan women over 40 years of age with a disability report having a mammogram within that last two years (compared to 70.9% of women without disabilities) (Alaska BRFSS, 2004/12).
- 81.9% of Alaskan women with disabilities report having a Pap test within the past three years (compared to 85.9% of women without disabilities) (Alaska BRFSS, 2012).
- 10.5% of Alaska adults over 50 years of age with a disability report having a home fecal occult blood test within the last two years (compared to 8.5% of those without disabilities) (Alaska BRFSS, 2012).

- 64.7% of Alaska adults over 50 years of age with a disability report ever having a sigmoidoscopy or colonoscopy (compared to 56.7% of those without disabilities) (Alaska BRFSS, 2012).

Vision

Alaskans with disabilities receive all recommended preventive health screenings.

Access

ACTION STEPS

- 6.1.1 The Alaska Health and Disability Program (ADHP), in partnership with the Disability Law Center, Northwest ADA Center, and Independent Living Network, will distribute information and promote the use of resources on **communication and information accessibility** of preventive screening services.
- 6.1.2 The AHDP, in partnership with the Disability Law Center, Northwest ADA Center, and Independent Living Network, will distribute information and promote the use of resources on **built environment accessibility** of preventive screening services.
- 6.1.3 The AHDP, in partnership with the Disability Law Center, Northwest ADA Center, and Independent Living Network, will distribute information and promote the use of resources on **staff training, policies, and accommodations on accessibility** of preventive screening services.

Data/Surveillance

ACTION STEPS

- 6.2.1 The AHDP will utilize data to identify and prioritize preventive screening disparities among Alaskans with disabilities and disseminate information in an annual report to stakeholders.
- 6.2.2 The Division of Public Health Section of Chronic Disease Prevention and Health Promotion (DPH CDPHP) will add standardized questions, according to federal guidance (U.S. DHHS, n.d,) to the Alaska Youth

Behavior Risk Survey to identify youth with disabilities and gather information on issues affecting them.

- 6.2.3 The AHDP and the DPH CDPHP will advocate for expanded data sources related to preventive services and people with disabilities that are available for dissemination to partners.

Education/Awareness

ACTION STEPS

- 6.3.1 The DPH CDPHP will identify, develop, and disseminate best practices and educational materials **to providers** on key preventive screenings for Alaskans with disabilities.
- 6.3.2 The DPH CDPHP and the AHDP will promote resources on preventive health screenings that are accessible and inclusive of people with disabilities in **media campaigns**, using diverse images of people with disabilities, person-first language, and varied literacy levels and formats.
- 6.3.3 The DPH CDPHP and the Division of Senior and Disabilities Services, will identify, develop and, disseminate best practice guidelines to **caregivers and case managers** to promote the use of key preventive screenings. Best practice guidelines will be disseminated through education and trainings and include materials outlining key preventive screening guidelines and information about how to include in care plans.
- 6.3.4 The DPH CDPHP will include information on healthy lifestyle choices (e.g., healthy foods, active lifestyle, no tobacco use) with education and outreach to **caregivers, families, and people with disabilities.**

Collaboration

ACTION STEPS

- 6.4.1 The UAA Center for Human Development will develop and disseminate an on-line tool kit for health care providers on health promotion and prevention topics including preventive screenings for people with intellectual/developmental disabilities.

6.4.2 The DPH CDPHP will collaborate with Hope Community Resources to assess baseline health data of three licensed assisted living homes, pilot a healthy lifestyle education program with residents, and collect post-intervention health data.