

Living Well Iowa: Healthy Living for People with Disabilities

Siouxland District Health Department located in Woodbury County is one of two Local Public Health Agencies in Iowa who have been selected to focus on systems-level and environmental changes that specifically improve participation in health promotion activities and increase access to preventive health services for people with disabilities.

The project intends to improve the health status of residents in the county by creating a public-private partnership to identify priority community health issues that affect those citizens with disabilities, and then design and implement effective activities to improve inclusion in health promotion efforts and increase access to preventive health services for this group.

In June 2014 a community workgroup which consisted of local public health, residents with disabilities, disability service providers, Area Agency on Aging, and health care providers met to identify and prioritize community issues and provide input on project activities. The workgroup set the following goals and have created some tools to reach those goals.

- Increase community gardens accessibility and promote gardening to persons with disabilities. Brochure on [accessible gardens](#) . [Raised Bed Plans](#)
- Promote and increase participation in the Nation Center on Health, Physical Activity, and Disability's [14-Week Program to a Healthier You!](#)
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- 14-Weeks to a Healthier You! [How-To & Resource Guide for the Individual](#)
- 14-Weeks to a Healthier You! [How-To & Resource Guide for Facilities](#) serving persons with developmental or intellectual disabilities.
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- Improve access to health care by developing and implementing a plan to improve awareness regarding serving persons with disabilities within health care provider offices in Woodbury County. [Physician Office Toolkit](#)
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- Increase use of durable medical equipment within provider offices to better serve their patients with disabilities.

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Work continues in all areas and information will be updated as the project progresses.

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