

# HEALTH OUTCOMES: Measuring the Road to Health & Wellness

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# INTRODUCTIONS

- One thing in common
- One thing that is different



# GOALS & OBJECTIVES

**Goal:** Inform participants about health outcomes for individuals with developmental disabilities

**Objectives:**

- Identify current health outcomes for individuals with developmental disabilities
- Discuss organizational supports for health and wellness outcomes
- Illustrate strategies to develop and implement health outcome assessments



# DEFINITION OF HEALTH

HEALTH IS A COMPLETE STATE OF PHYSICAL, MENTAL AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE.

WORLD HEALTH ORGANIZATION

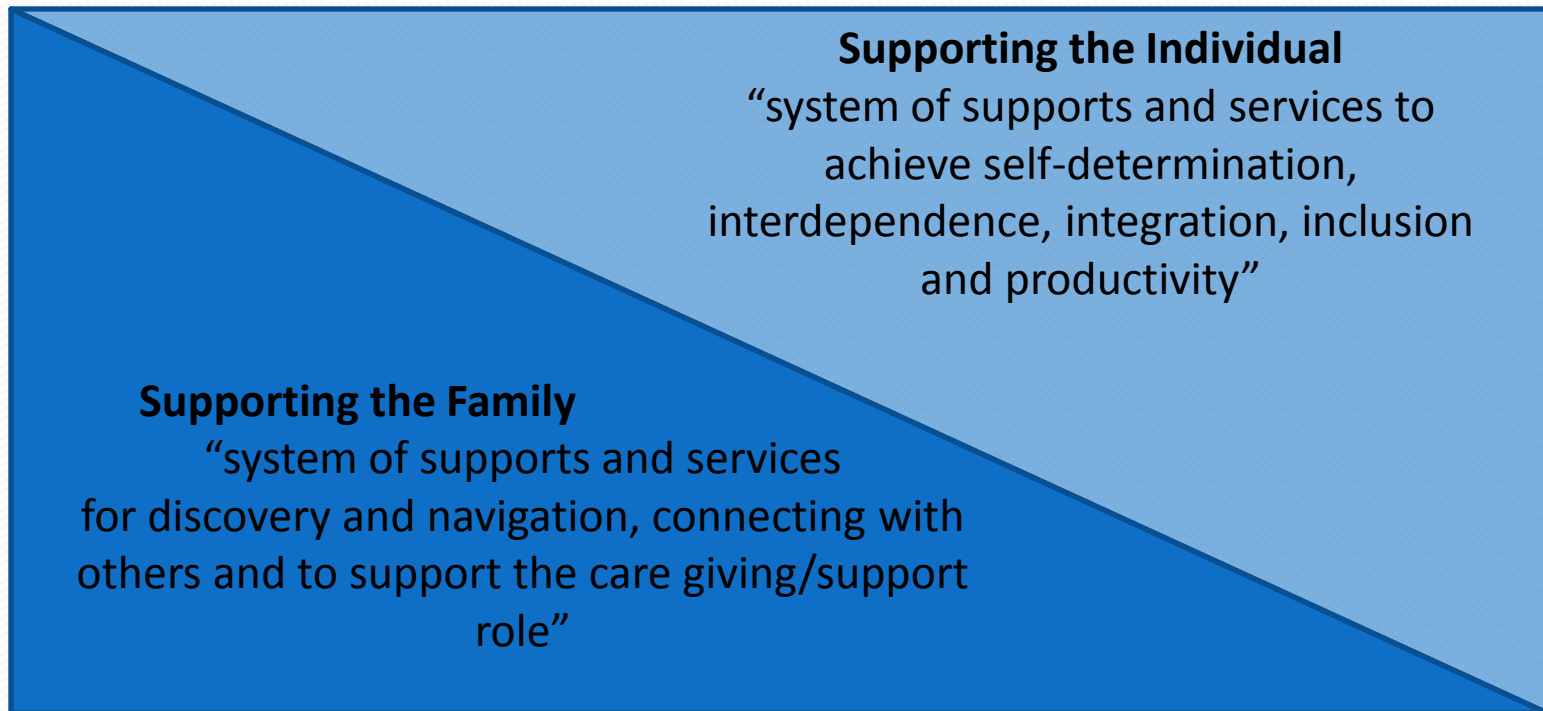
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# Developmental Disabilities

- Life Span Conditions
- Life Course Framework



# Health Outcomes Over The Life Course



Birth Early Childhood School

Transition

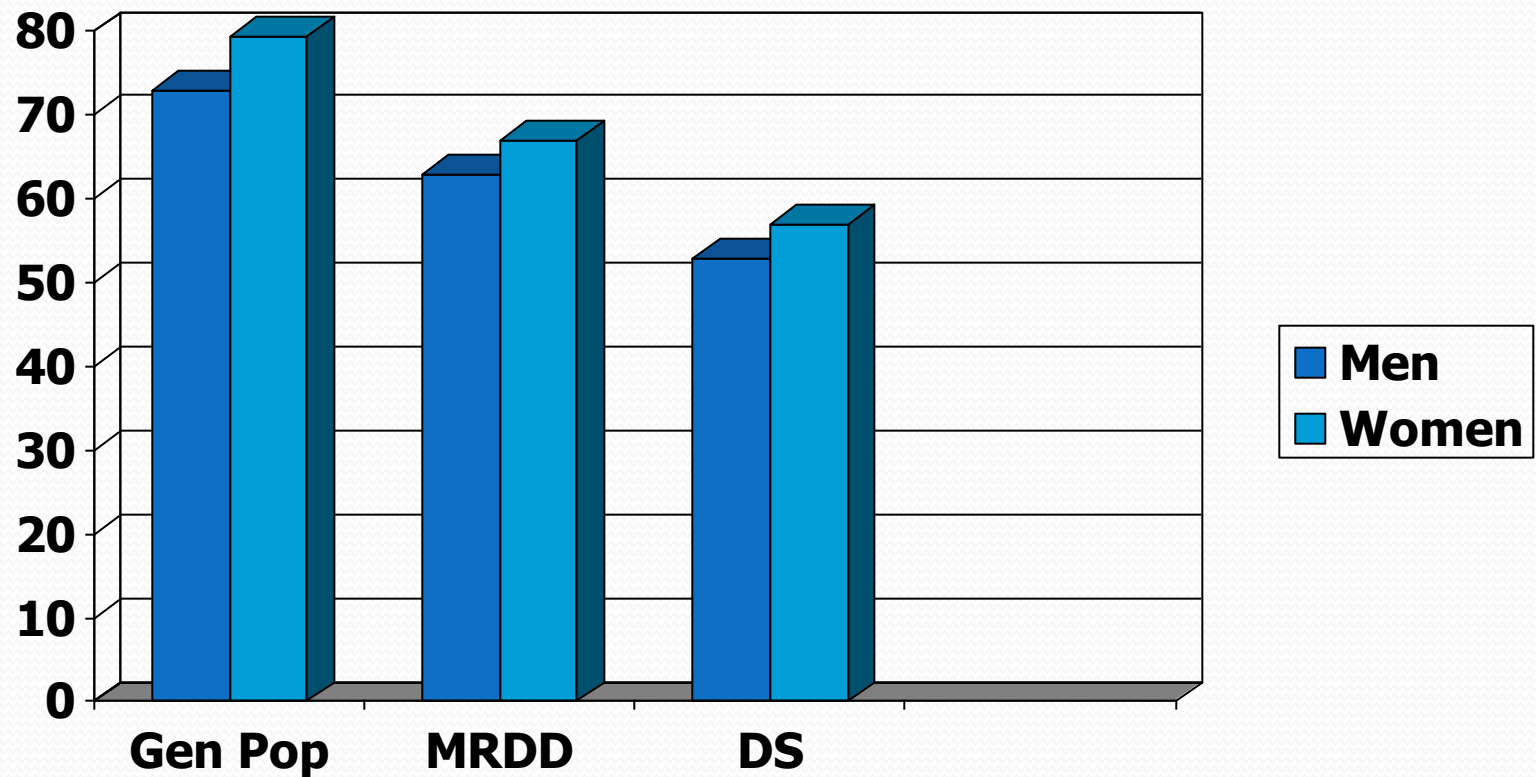
Adulthood

Aging  
(UMKC, 2012)

# LIFE EXPECTANCY WITH I/DD

- Life expectancy and age related medical conditions of the majority of adults with I/DD are similar to that of the general population.
- Age related changes may occur earlier in certain individuals, for example dementia in individuals with Down syndrome.

# LIFE EXPECTANCY FOR INDIVIDUALS WITH DISABILITIES





# WHAT WOULD YOU DO ?



# HEALTH DISPARITIES

- Identify three health disparities that exist for individuals with developmental disabilities

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# HEALTH DISPARITIES FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

- HEALTH CARE STATUS
- RISK FOR MULTIPLE HEALTH PROBLEMS
- RISK FOR BEHAVIORAL AND EMOTIONAL PROBLEMS
- PREVALENCE FOR OBESITY

# HEALTH DISPARITIES FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

- POOR DENTAL HEALTH
- DIFFICULT PAYMENT STRUCTURES
- SHORTAGE OF TRAINED HEALTH CARE PROFESSIONALS
- TRANSITION CHALLENGES

# Screening Tests for Adults with Intellectual Disabilities

- **Challenges:**

- Evidence-based screening recommendations are lacking
- Obesity, osteoporosis, smoking more prevalent in adults with intellectual disabilities
- Enhanced screening for preventable health conditions are recommended

# Screening Tests for Adults with Intellectual Disabilities

- **Example:** Abnormal PAP smears and cervical cancer are less common in individuals with intellectual disabilities
- **Solutions:** Physicians need updated, evidence-based recommendations specific to adults with Intellectual Disabilities
- More research is needed to gather data about adults with ID that can inform screening and other recommendations for their primary care

# SOLUTIONS

- National Core Indicators Project
  - Disparities in health & medical care utilization for adults with I/DD
  - Surveillance information on health status, health risk behaviors & medical care utilization

# ORGANIZATIONAL SOLUTIONS

- Professional education and training
- Coordinated care with a team approach
- Technology to support effective communication and interventions
- Flexibility of service delivery
- Accessible design & approaches to care



# HEALTH PROMOTION

- **DEFINITION :**
  - The maintenance and enhancement of existing levels of health through the implementation of effective programs, services and policies.

# WHAT WOULD YOU DO ?



# HEALTH PROMOTION INACTION

- Poor eating habits
- Sedentary daily activities
- Lack of sunlight
- Obesity
- Smoking

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Health Indicators

- Immunizations
- Overweight & Obesity
- Depression/Life Satisfaction
- Physical Activity



# HEALTH PROMOTION

- Smoking Cessation
- Weight Loss
- Exercise
- Immunizations
  - Influenza/Pneumococcal/Hepatitis B
- Cancer Screenings
  - Mammogram/Colonoscopy



# WHAT WOULD YOU DO ?



# HEALTH PROMOTION

- Describe two elements of an effective health promotion program to address health disparities



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# Smoking Cessation

- 18 million Americans 45 and older smoke
- 4.5 million Americans 65 and older smoke
- 7 out of 10 smokers want to quit
- Counseling and medications together are proven to work
- Quitting after age 65 reduces risk for
- Abstinence can promote faster recovery from broken bones, surgery and illness
  - U.S. Public Health Service – 2008 Clinical Practice Guideline: Treating Tobacco Use and Dependence



# Benefits of Smoking Cessation

- Quitting smoking after age 65 is beneficial !
- The occurrence of multiple diseases are reduced !
- coronary heart disease
- emphysema
- lung cancer
- osteoporosis
- hearing loss
- cataracts
- impotence
- poor circulation
- Alzheimer's disease

# Benefits After Quitting

- 20 minutes – Heart rate drops
- 12 hours – Carbon monoxide levels normalize
- 2 weeks to 12 months – Heart attack risk drops, lungs begin to heal
- 1 month to 9 months – Shortness of breath noticeably improves
- 5 years – Stroke risk equals nonsmoker's

# Smoking among Individuals with I/DD

- Risks shared with general population
  - Male gender
  - Presence of a dual MH/DD diagnosis
  - Misuse of other substance
- Risks specific to individuals with I/DD
  - Prior residence in an institution
  - Current residence in less restrictive setting
  - Higher functional level
- Studies suggest prevalence is lower than in general population.
  - Reported rates range from 2 % to about 23 %

# Smoking Cessation in Adults with Intellectual Disabilities

- Screening for smoking during medical visits
- Explaining the benefits of smoking cessation
- Individual and group counseling adjusted to cognitive abilities
- Assessment for safety of medications used for smoking cessation

# WHAT WOULD YOU DO ?



# HEALTH PROMOTION

- List two health promotion activities for individuals with developmental disabilities



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# Future Recommendations

- Clinical Guidelines for individuals with I/DD developed from evidence based medicine
- Public Health approaches to generic health problems that includes individuals with I/DD
- Education of health practitioners in the care of adults with I/DD on a national level
- Comprehensive health care financing reform
- Holistic approach to medical care for all individuals with I/DD

# WEBSITES

- [www.cql.org](http://www.cql.org) – The Council on Quality & Leadership
- [www.aap.org](http://www.aap.org) – American Academy of Pediatrics
- [www.acp.org](http://www.acp.org) – American College of Physicians
- [www.aafp.org](http://www.aafp.org) – American Academy of Family Physicians
- [www.apha.org](http://www.apha.org) – American Public Health Association
- [www.cdc.gov](http://www.cdc.gov) – Center for Disease Control & Prevention
- [www.who.int](http://www.who.int) – World Health Organization
- [www.hsri.org/nci](http://www.hsri.org/nci) – Human Services Research Institute
- [www.aaid.org](http://www.aaid.org) – American Association on Intellectual & Developmental Disabilities



# TAKE HOME POINTS

- Individuals with developmental disabilities are a diverse group
- Awareness & knowledge of developmental disabilities will enhance health outcomes
- Health & Wellness is the key across the lifespan



# CONTACT INFORMATION



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# CLOSING THOUGHT

The journey of a  
thousand miles  
begins with one  
step."

Lao-tzu,  
Chinese Philosopher

