



## Community Grant Outcome Report

**Name: Active and Healthy Lifestyles for Children and Youth with Disabilities: A Comprehensive Community-Based Partnership**

**Grantee:** School District of La Crosse and UW La Crosse

**Contact Name; phone; email:** Garth Tymeson PhD; 608-785-5415; tymeson.gart@uwlax.edu

**Academic Partner:** Stacy Her, MD, Clinical Assistant Professor, Department of Orthopedics and Rehabilitation, UW SMPH; Gundersen Lutheran Health Care

**Program:** Implementation

**Grant Duration:** 04/01/2005 to 10/31/2008 (43 months)

**Expenditures:** \$402,094 of \$440,490 (91% expended)

**Use of Funds:** Evidence-based demonstration project

► **Description:** Active and Healthy Lifestyles for Children and Youth with Disabilities was a partnership between the School District of La Crosse, UW La Crosse - Center on Disability Health and Adapted Physical Activity, and Gundersen Lutheran Health Care. The project focused on three goals; to increase physical activity, decrease overweight and obesity among La Crosse area children with disabilities ages 5 - 18, and to disseminate program information to the community. The project accomplished these goals through several community-based physical activity and nutrition education programs developed in partnership with youth service agencies including district schools, YMCA/YWCA, Boys and Girls Clubs, Gundersen Lutheran Health Care, disability advocacy groups, and the City Parks and Recreation Department. A unique feature of the program was to match UW La Crosse students with children with disabilities in a physical activity mentoring program. Programs included fitness training, adapted swimming, running or walking, soccer, winter sports, basketball, softball and adventure education.

► **Results:** The project formed partnerships with all the major La Crosse youth service agencies to implement ten new physical activity and nutrition education programs for children with disabilities in the community. The project served over 200 families through these programs. Using a multi-media and public education campaign, families, community agencies and the public demonstrated a heightened awareness of the need for physical activity programs specialized for children with developmental disabilities. An advisory committee consisting of

parents, teachers, community agencies and medical and health care providers offered advice throughout the project.

Project staff attributed their success to effective and sustained collaboration among parents, teachers, community organizations, academic partner, and the media. Adapted physical education and special education teachers were essential partners in coordination of services.

► **Met Objectives:** Project completed

► **Baseline Progress on SHP Objectives:** Addressed but not measured

► **Academic Partner Role:** Consultation and technical assistance, program referral, and program evaluation

► **Matched Dollars (cash or in-kind):** \$0

► **Dissemination:** Project staff widely disseminated program information through publications and presentations at local, state and national conferences. Staff also created a website and promotional DVDs for parents, communities and professional audiences

► **Sustained:** Yes. 1) Partnering youth services agencies are continuing to offer fitness programs, 2) the YMCA hired a full-time project staff formerly with UW La Crosse and, 3) matching UW La Crosse students with families and children continues under the federal program, "I Can Do It, You Can Do It". The project leveraged \$35,900 in funds from public and private sources. UW La Crosse has expressed an interest in replicating the program to other Wisconsin communities.