

Results from the National Evaluation
Consortium on *Living Well with a
Disability:*
A Progress Report

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Background on *Living Well*

- ✓ Developed by researchers at The University of Montana, Rural Institute on Disabilities with funding from CDC and others
- ✓ Health promotion and wellness program for adults with physical disabilities
- ✓ Aimed at reducing the severity and incidence of secondary conditions

<http://www.livingwellweb.com/LWpages/lwpage2.htm>

Program Description

- ✓ An eight-week workshop designed to teach goal setting and problem solving
- ✓ Topics include: healthy communication, beating the blues, physical activity and eating well to live well
- ✓ Optimal workshop size is 8 to 10

Developing the National Consortium

- ✓ Agreement between The Rural Institute, University of Montana and The Center for Development and Disability (CDD), University of New Mexico
- ✓ CDD provides no-cost evaluation services to participating *Living Well* sites
- ✓ Designed to increase the power of analysis given small group sizes over time



- ✓ Multiple sites in Montana, New Mexico, New York, Rhode Island, Arizona, South Dakota and New Jersey

Evaluation Constructs

- ✓ Utilization of Health Care
- ✓ General physical and socio-emotional health status
- ✓ Secondary conditions
- ✓ Demographics

Longitudinal Evaluation

Surveys are administered at 3 points
in time:

- ✓ Prior to the start of the program
- ✓ At the end of the program
- ✓ 3 months after the program ended

Description of the Data

- ✓ Sample (3 complete surveys): 176 from 5 states
- ✓ Data collected from 2003 to 2006
- ✓ Mean age of 49
- ✓ Two-thirds female
- ✓ 84% white
- ✓ 77% earning less than \$15 K annually
- ✓ 20% have a Bachelor's degree or higher

Data Analysis Methods

- ✓ Mann-Whitney Test (a test for the equality of medians) for ordinal data and a 2-sample test of proportions for categorical data was performed comparing pre-test to first post-test and pre-test to 2nd post-test.

Prior Research Findings

- ✓ Fewer limitation from secondary conditions
- ✓ Fewer unhealthy days
- ✓ Less healthcare utilization

Ravesloot C, Seekins T, Cahill A, et al. Health promotion for people with disabilities: Development and evaluation of the Living Well with a Disability Program. *Health Ed and Research*. 2006.

Results—Improved General Health

- ✓ “Looking back at the last 2 months, how would you rate your general health?”
- ✓ 5-point response scale of “poor” to “excellent”
- ✓ Mann-Whitney Test is significant for pretest to post-test at 0.0468
- ✓ Effects wash out from pre-test to 2nd post-test -not significant
- ✓ Shows higher median rating for general health after the program than before

Results—Need Less Help

- ✓ “Because of any impairment or health problem, do you need the help of other people with taking care of your routine needs, such as everyday household chores, ...?”
- ✓ Responses were yes or no
- ✓ Test of proportions gave a p-value of 0.008
- ✓ Shows significant evidence that the proportion of participants needing help with routine needs was lower after the program than before

Comparison with Prior Studies

Previously published research on Living Well showed that participants reported:

- 1. Less limitation from secondary conditions**
- 2. Fewer unhealthy days**
- 3. Less healthcare utilization**

National Consortium data analysis showed that participants reported:

- 1. Increased rating for general health**
- 2. Needing less help with routine needs**
- 3. No significant difference in unhealthy days, secondary conditions or healthcare utilization**

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