

Partnership For Health Pilot Project: Pioneering Innovative Health Solutions

Carle Health & Fitness Center focuses on collaborating with others in the community to effectively and significantly improve the health and well-being of all individuals in McLean County.

Individuals Impacted By Disabilities...

- Do not have access to appropriate local medical services
- Find it more difficult to eat healthy, control their weight and be physically active
- On average have a support network of 8. Half are paid to be there
- Have more chronic healthy conditions and behavioral health challenges
- Die 25 years earlier than the general population
- Are at the greatest risk of obesity

Our relationship with Marcfirst has grown during Year 5. In addition to exercise, we have been a part of social wellness opportunities while still adhering to social distancing guidelines. Some of these events include celebrations/parades and outdoor group workouts at DT.



[Click to play video](#)

YEAR 5 OUTCOMES



Average visits increased from three visits a month to five visits a month



60% of participants had favorable change to their waist circumference



70% of participants have a blood pressure in a healthy range



86% of participants can do their workout on their own



Weekly Zoom workouts allow us to provide exercise to more than just the program participants



15 participants have been in the program since Year 1 (2017)

"Allowing individuals with disabilities to live like those without disabilities."

Project Partners:

McLean County Board for the Care and Treatment of Persons with a Developmental Disability

