

# 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.

Our relationship with Marcfirst has grown during Year 6. In addition to exercise, we have been part of social wellness opportunities, including our Gym Buddies Fiesta Kickoff and group workout.

## 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

## YEAR 6 OUTCOMES



50% of participants have an average of 6 or more visits each month



63% of participants have a blood pressure in a healthy range



By continuing one Zoom workout a week, we are providing exercise to more than just the program participants.



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



46% of participants had favorable change to their BMI



86% of participants can do their workout on their own

"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

