**FLORIDA OFFICE ON DISABILITY AND HEALTH**

**4th ANNUAL MEETING**

Obesity/ Nutrition/ Physical Activity for Persons with Disabilities Workgroup

Surveillance: Describes and monitors health events through ongoing and systematic collection, analysis, and interpretation of health data (*i.e.* from surveys like the BRFSS, or web surveys etc.) for the purpose of planning, implementing, and evaluating public health interventions.

1. The attached list (page 4) contains BRFSS Core questions on Exercise/Nutrition/ Physical Activity. If FODH is again offered funds to propose questions to be asked of Florida residents, how should they be framed? (*I.e.* How should they be asked and what topics should they cover?)
2. What information, which can possibly be gleaned from web surveys, will be helpful in planning or implementing Exercise/Nutrition/ Physical Activity interventions? (*I.e.* What kinds of surveillance information are necessary to inform Exercise/Nutrition/ Physical Activity programs?)
3. How can the use of qualitative data (*i.e.* focus groups, interviews, opened ended questionnaire items, and other less structured situations) be used by the FODH with respect to Exercise/Nutrition/ Physical Activity?
4. What other data sources should we consider analyzing that will be useful for Exercise/Nutrition/ Physical Activity surveillance or interventions?
5. What are some useful ways to categorize disability for the purposes of monitoring trends in Exercise/Nutrition/ Physical Activity among PWD?
   1. How can we monitor/target these different subsets of PWD?
6. From the ideas that have been listed what is the group consensus on what items are “must haves” or “would likes.” (*I.e*. Should money be allocated to ask more questions or to pay to have them analyzed by county?)
7. Any lessons learned from those who have worked with this type of intervention?

Health Education/ Awareness Dissemination Campaign:

1. Identify and discuss potential partners (state/regional/local) to help develop and implement health education / communications campaigns or programs based on these health topics.
2. How can we effectively reach People with Disabilities through these campaigns or programs? *(discuss using the categories below)*
   1. Locations and organizations
   2. Different age groups
   3. Different forms of disability
3. In addition to standard print and online media dissemination activities, what new media and communication technology could we use to effectively reach PWD? (*Think about different age groups and forms of disability.*)
   1. Blogs
   2. Social Media (Facebook, Twitter, My Space, eCards, etc.)
   3. Text subscriptions
   4. Online PSAs (Facebook Ads, etc.)
   5. Email List Serves
   6. YouTube (video shorts)
4. Any lessons learned from those who have worked with this type of intervention?
5. From the ideas that have been listed get group consensus on what items are “must haves” or “would likes.”

Intervention: An intervention is defined as a set of actions with a coherent objective to bring about change or produce identifiable outcomes.

1. What programs or services do you currently have that support or can be integrated in the following types of interventions pertaining to Obesity/Physical Activity/Nutrition?
   1. Outreach
   2. Screening
   3. Information and referral
   4. Counseling
   5. Advocacy
   6. Policy Development
   7. Other
2. What are the best ways to make interventions cost-effective?
3. Any lessons learned from those who have worked with any of these types of interventions?
4. From the ideas that have been listed, get group consensus on what items are “must haves” or “would likes.”

Sustainability of current FODH mission and programs:

1. How can your organization help to incorporate aspects of the FODH (including modules) into your “business as usual”?
   1. Cross-linking websites
   2. Disseminate printed and digital (via email/list serve) materials to your partners or clients

BRFSS 2007 & 2009 Core Physical Activity/ Nutrition/ Exercise Questions

* During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
* How often do you drink fruit juices such as orange, grapefruit, or tomato?
* Not counting juice, how often do you eat fruit?
* How often do you eat green salad?
* How often do you eat potatoes not including French fries, fried potatoes, or potato chips?
* How often do you eat carrots?
* Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.)
* When you are at work, which of the following best describes what you do?: 1 mostly sitting or standing,

2 Mostly walking

3 mostly heavy labor or physically demanding work

* Now, thinking about the moderate activities you doin a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate? *(this question is repeated for vigorous activities)*
* How many days per week do you do these moderate activities for at least 10 minutes at a time? On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities? *(this question is repeated for vigorous activities)*