

MOSHAPE



I CAN DO IT!

Dr. Jayne Greenberg

November 9, 2019

HISTORICAL BACKGROUND

- Developed in 2004 by Office on Disability, US Dept. of HHS.
- Program was developed with support of several organizations.
- Led to the release of the 2005 Surgeon General's Call to Action on Health and Wellness for Persons with Disabilities under HHS Secretary Tommy Thompson.
- Was field tested between 2004 and 2008.
- Implemented in many University, Community, and School settings.
- In 2012 was moved to the PCFSN.
- 2018 was moved to the Administration for Community Living (ACL) HHS.

Purpose of the ICDI Program

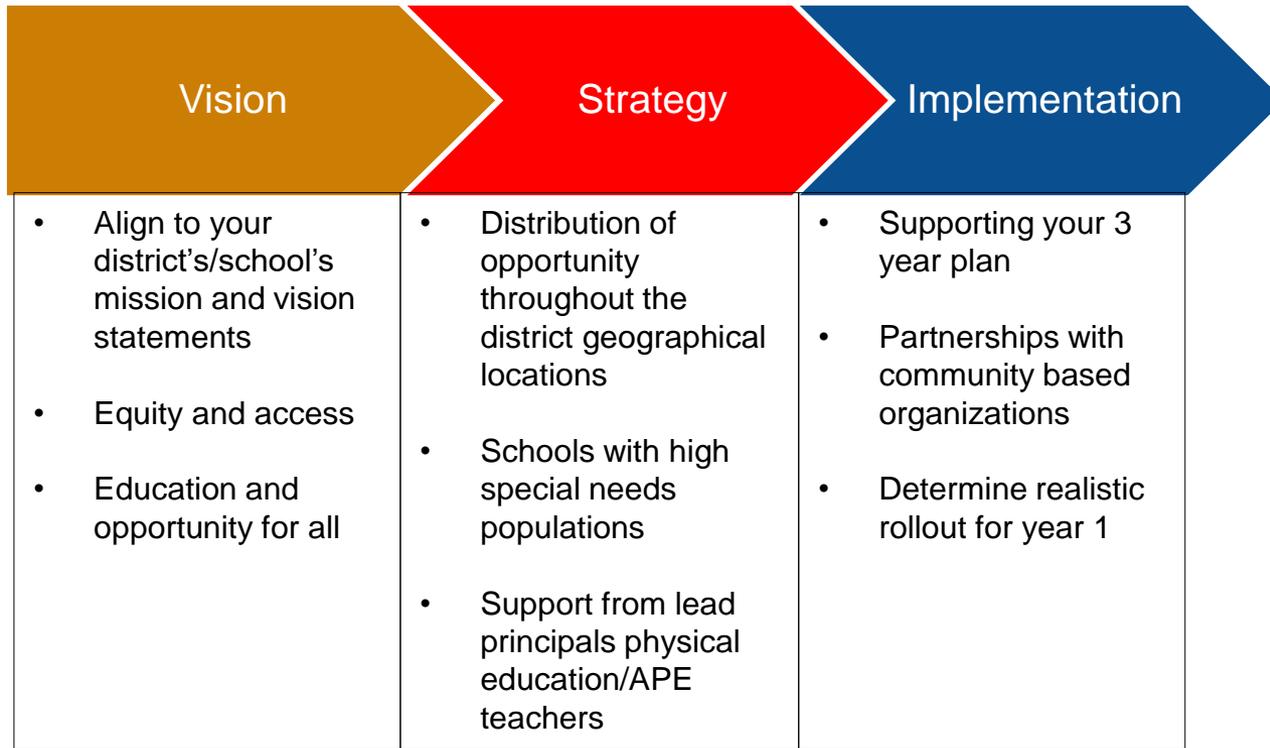
- Provide opportunity, access, and equity for students with disabilities to achieve 60 minutes of accumulated physical activity throughout the school day (Physical Activity Guidelines for Americans, 2nd edition)
- Activities take place in the school environment (with support of CBO's).
- This can be accomplished by accumulating the 60 minutes through physical education, adapted physical education, recess, classroom physical activity breaks, active transport to and from school, and extracurricular activities, including a variety of club and sport activities.

How the Program Works: Three Core Tenets of the Program

ICDI works to achieve its objectives through the program's three core tenets:

- **MENTORING:** School site personnel (teachers, paraprofessionals, therapists, counselors, etc.) guide students through physical education, physical activity, and sports opportunities and healthy eating habits;
- **GOAL SETTING:** School site personnel work with students on setting weekly, grading period, or semester goals.
- **RECOGNITION:** After completing the program for a minimum of 8 weeks, students earn their PALA+ awards (certificate and patch). It is recommended that in the school setting the program is conducted all year long with an end of year awards celebration/ceremony.

DEVELOP A PLAN FOR IMPLEMENTATION



Some Examples from Year 1 Schools



1. SWD are integrated from their building space into gyms, pools, dance, and strength and conditioning.
2. 7th grade students mentor 3-4th graders with autism assigned with a teacher mentor.
3. Elementary school students engaged w/Special Olympics.
4. Community based martial arts and rock climbing programs have SWD to their facilities during the school day.
5. Classroom teachers provide 10 minutes of PA breaks each of the 6 periods throughout the school day.
6. The list goes on.....NO ONE SIZE FITS ALL

YEAR 1 STATE ROLLOUT 2018-2019 SCHOOL YEAR

- ARIZONA
- DISTRICT OF COLUMBIA
- ILLINOIS
- NEW YORK
- NORTH CAROLINA
- TEXAS
- WASHINGTON
- WISCONSIN

RECORD KEEPING – PALA+ LOG



Participant Name _____ Age _____

Date Started _____ Date Completed _____

Paper Log Instructions:

Circle each healthy eating goal you achieve. Enter your daily physical activity in minutes and add up the total at the end of the week. Circle the total if your goal is met. Once you achieve your goals in week 6, 7, or 8, you're eligible to receive the PALA+ award certificate at www.fitness.gov

Healthy Eating Goals (key)

- Focus on Whole Fruits
- Make More of Your Grains Whole
- Select Foods with Less Sodium
- Drink Water Instead of Sugary Drinks
- Move to Fat-Free or Low-Fat Dairy
- Vary Your Veggies
- Vary Your Protein Routine
- Limit Added Sugars
- Replace Saturated Fats with Unsaturated Fats

PARTICIPATION LOG									
WEEK	HEALTHY EATING GOALS	PHYSICAL ACTIVITY GOAL							
		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
1									
2									
3									
4									
5									
6									
7									
8									

SCHOOL ROSTER FORM



I CAN DO IT!
 PRESIDENTIAL ACTIVE LIFESTYLE AWARD
 SCHOOL LIST 2019 - 2020

NAME OF PERSON COMPLETING THE FORM: _____

SCHOOL DISTRICT: _____ STATE: _____

	SCHOOL NAME (Please Print)	Grade Level: All Grades Included	Number of Students Participating in ICDI	Number of Students Receiving the PALA+ Award
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

- PLEASE SUBMIT AS MANY ROSTERS AS NEEDED
- PLEASE SUBMIT FINAL FORMS BY JUNE 1, 2020

I CAN DO IT! AWARDS AND RECOGNITION

WHY CELEBRATE?

- Awards and recognition are a core tenet of the ICDI model.
- Motivate students to reach their physical activity and healthy eating goals.
- Recognizes their hard work in setting weekly goals and making behavioral changes to meet those goals.
- Emphasizes the importance of having committed to leading a healthy and active lifestyle.

PALA+ AWARDS



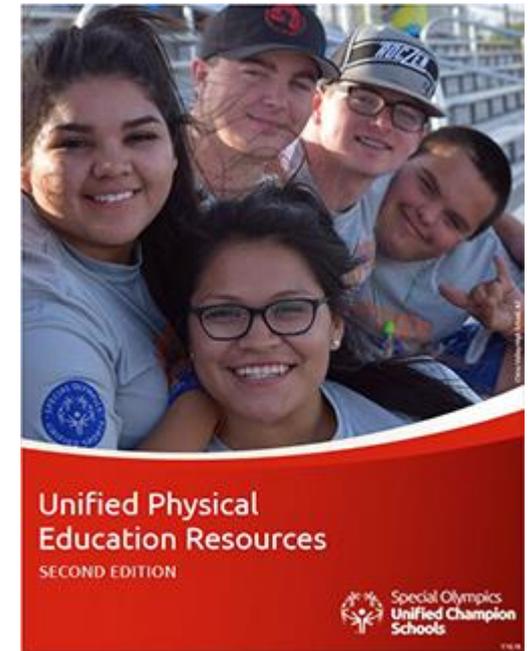
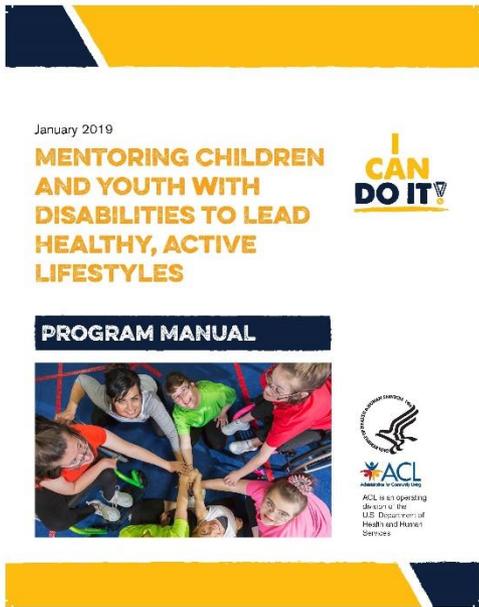
I CAN DO IT! AWARDS AND RECOGNITION

ICDI AWARDS CEREMONY

- Sites are encouraged to bring all ICDI participants together
- Mentees and mentors get a chance to celebrate together
- Family and community members should be invited as well
- It should be a true celebration!



FREE RESOURCES



<https://acl.gov/programs/health-wellness/icdi>

CELEBRATING THE STUDENTS

I Can Do It, You Can Do It!

Miami-Dade County Public Schools

April 26, 2017

Q&A

THANK YOU !!!!

FOR ADDITIONAL INFORMATION CONTACT:

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Or

Visit the new website at: <https://acl.gov/programs/health-wellness/icdi>