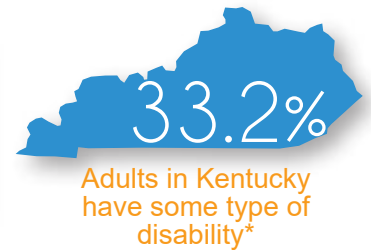
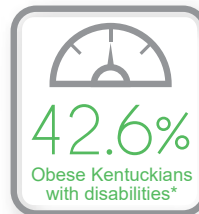
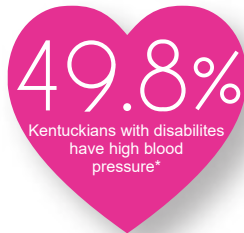




Community Health Education & Exercise Resources



### HIGHLIGHTING THE NEED:

Kentuckians with cognitive or mobility limitations experience higher health disparities than the general population with Kentucky reporting the highest rate of disability in the US<sup>1</sup>. Most alarming is that Kentucky ranks higher than the national average on levels of obesity, hypertension, and usage of hypertensive medications<sup>1</sup>. Nutritionally, Kentuckians are also falling behind the general population with regard to consumption of fruits and vegetables<sup>2</sup>.

### HOW CHEER is addressing this need:

**Building Partnerships:** Cultivating collaborations across KY Department of Public Health, health and wellness experts, local community organizations, academic institutions, and self-advocates

**Inclusive Programming:** Using universal design strategies that allow for full access to healthy options and programs

**Providing Resources:** Development of comprehensive online resources in health and wellness programs for individuals with disabilities

Check out our website for resources and further information,  
<http://www.wellness4ky.org/project-cheer/>

Project CHEER is a Centers for Disease Control Disability & Health Branch funded effort aimed at addressing the startling health disparities experienced by individuals with cognitive and mobility limitations through education, empowerment, and accessibility. The project works to develop collaborations at local and state levels focused on creating healthy resources and health programming inclusive of individuals with disabilities.

\*1. CDC Disability Health Data System (2015)  
2. CDC State Indicator Report (2014)