

# JUST UD It!

## UD makes way for inclusion

**Universal Design** ensures and maximizes meaningful access, understanding, and use of environments by all people, regardless of disability, age, and size.

Environments include buildings, products, resources, programs, and services.

J

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### Jazz it up

- Doing the bare minimum is not UD
- Meaningfully engage everyone
- Make it fun!



**What is prediabetes?**

**Do I have prediabetes?**

**How can I lower my risk for prediabetes?**

**For more information visit the website:**



**The Power of Prevention**

**Take Control**

**Prevent Type 2 Diabetes**

**What is Prediabetes?**

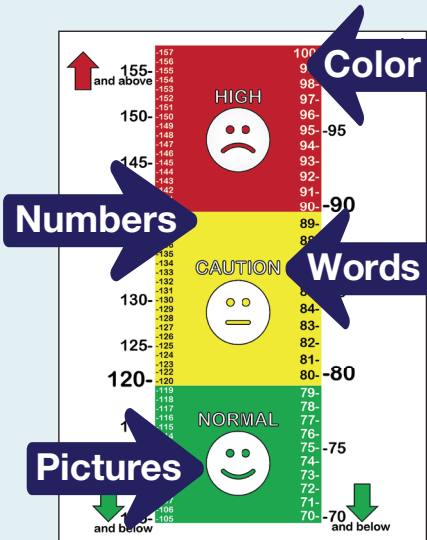
**What is Type 2 Diabetes?**

**What is my blood sugar?**

**Risk Factors**

### Use multiple methods

- Information and participation should engage folks in more than one way
- Use more than one: text, images, audio, video, interactive activities, movement



### Simplify

- Use plain language that is easy to understand
- Short and concise
- Written text:
  - 4th to 6th grade reading level
  - Large, easy to read font
- At minimum:
  - 14-screen/print;
  - 24-slides
- **Bold** and/or underline
- Lists and/or short sentences
- Space out wording



Can you read me?

Can you read me?



### Test it out

- Seek input from diverse communities
- Incorporate feedback
- Use the teach back method to check for understanding

Can you tell me in your own words??

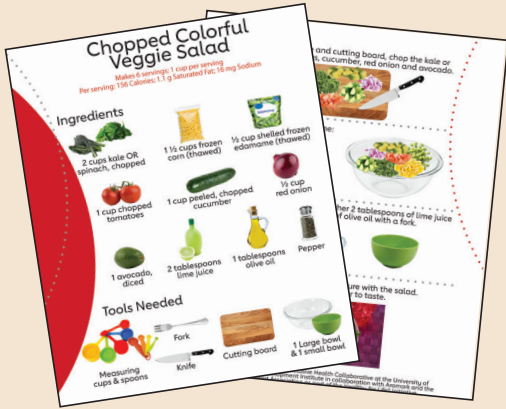
First I'll do the Hokey-Pokey. Then I'll turn myself around

Yes! That's what it's all about!



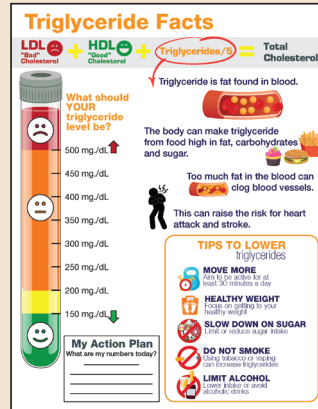
\* "UD" includes Universal Design and Universal Design for Learning principles.

# Examples

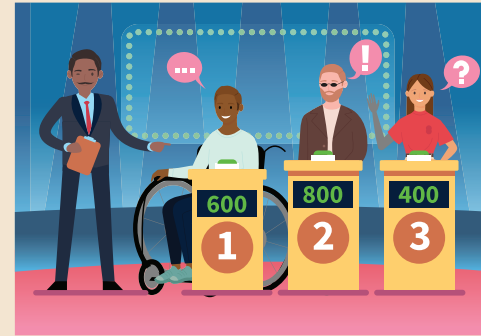


## Visual Recipes

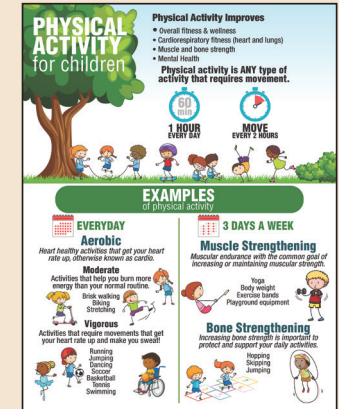
<https://bit.ly/VisualRecipes1>



## Infographics



## Games

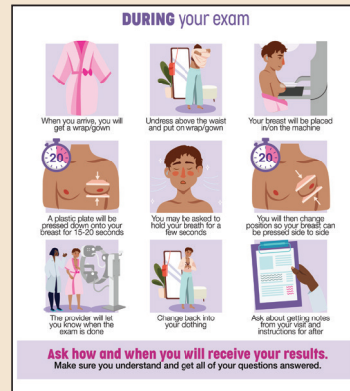


## Adaptive Physical Activities

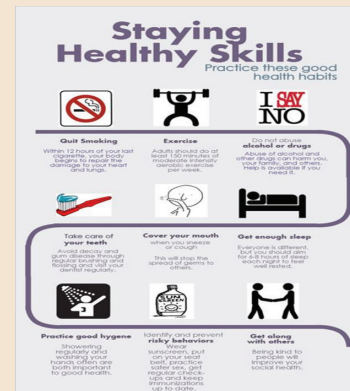
<https://bit.ly/AdaptPhysical>



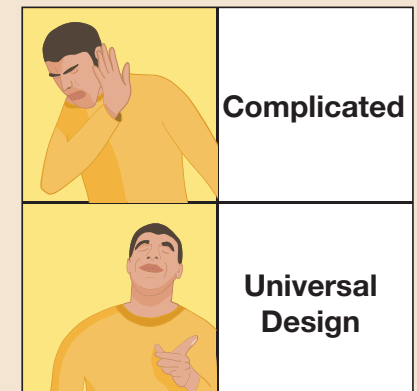
## Comics



## Social Stories



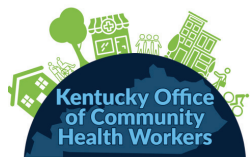
## Graphic Organizers



## Memes

# Learn More

- Universal Design: <https://bit.ly/hdiUD>
- Universal Design for Learning: <https://bit.ly/UDLcast>
- Plain Language: <https://bit.ly/AUCDplain>
- Programs: <https://live.wellness4ky.org/>
- Presentations: <https://bit.ly/UDpresentations>
- Graphic Medicine: <https://bit.ly/udGraphicMedicine>



To learn more about implementing Universal Design in health resources, programs, and services, contact [Wellness4KY@uky.edu](mailto:Wellness4KY@uky.edu)