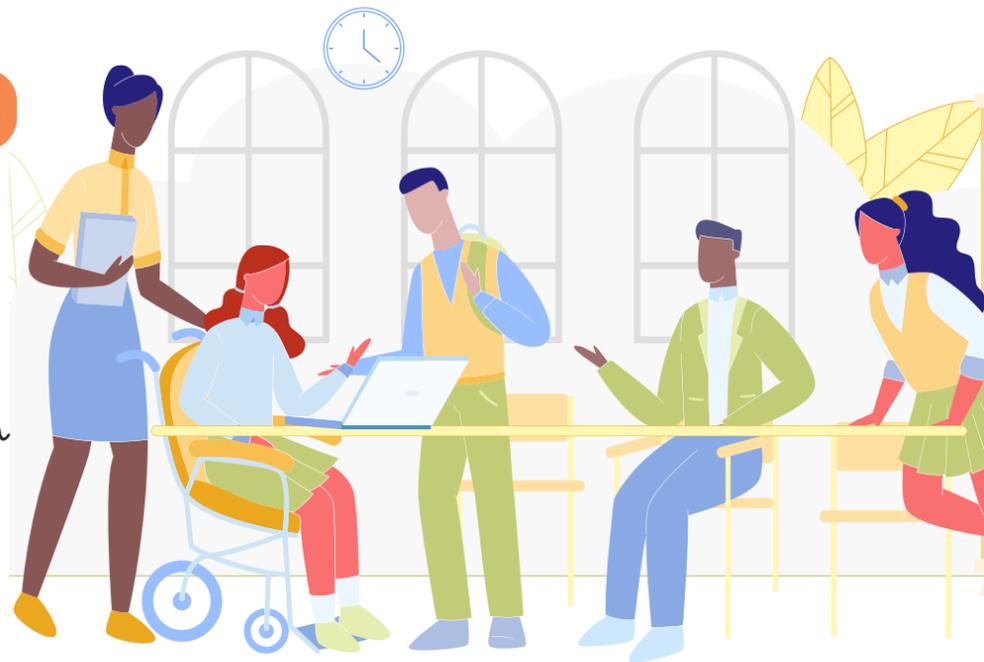


# INDIANA CoIIN

## Physical Activity Workstream

### GOAL:

This CoIIN sought to increase access to and knowledge of appropriate physical activity standards and activities within the special needs population.



Indiana's CoIIN team focused on positively impacting the health of special needs children by increasing the capacity and knowledge of those who are in positions to influence their behavior. The team identified a need for professional development in adaptive physical activity for children with special needs. During its first year, the CoIIN partnered on a 6-8 week in-person training for state educators in the Indianapolis metro area. In the CoIIN's second year, a new partnership enabled the team to broaden its reach statewide with two additional trainings for educators.

### PARTICIPANTS

- 50+ teachers across the state received training

### PARTNERS

- Indiana University–Purdue University Indianapolis
- Purdue Extension
- OPEN Phys Ed
- Indianapolis Public Schools
- Indianapolis YMCA

### TITLE V PROGRAM CONNECTION

- Title V Director was a CoIIN team member
- Raised awareness for adaptive physical activity training and knowledge
- Leading to new partnerships

### METHODOLOGY

- Built a **strong, diverse team** within the Division of Nutrition and Physical Activity, with a variety of expertise, especially among youth and adolescents
- Leveraged the team's **partnerships** to identify gaps and needs in adapted physical activity
- Identified and **secured potential training partners**
- Adapted strategy in year two with a **new partner** experienced in **professional development**

### RESULTS

- **Health equity and inclusion** were the **centerpiece** of this CoIIN, and as a result, adaptive trainings will be included in future state efforts
- **Trained educators** on how to assist special needs students in obtaining **150 minutes** of daily **physical activity**
- **Enhanced state efforts** to **integrate adaptive physical activity** into daily and annual work plans



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