

## WHAT IS / CAN DO IT, YOU CAN DO IT! (ICDI)?

ICDI is a mentoring program for children and adults with disabilities that encourages regular physical activity and healthy eating behaviors.

ICDI programs can be created and implemented in colleges/universities, K-12 schools, and community entities across the country.

The goal of ICDI is to improve overall health & wellness by:

- Increasing or maintaining participation in physical activity, sports and/or recreation
- Promoting participation in new physical or recreational activities
- Encouraging the establishment of weekly healthy eating goals



## WHY BECOME AN ICDI ADVOCATE?

Children and adults with disabilities are less likely to engage in regular physical activity than people without disabilities. *Centers for Disease Control & Prevention (CDC), 2014*

Obesity is more common among people with disabilities and is an important risk factor for other health conditions. *CDC, 2013*

ICDI provides access and opportunities for people with disabilities to be healthy and active.

Benefits of physical activity and good nutrition include:

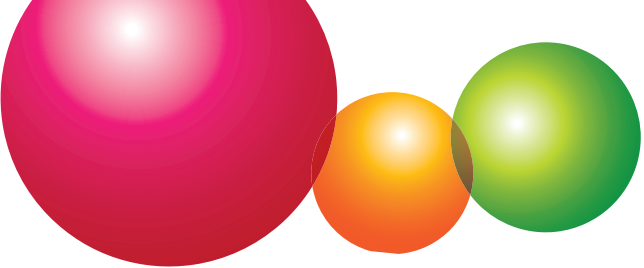
- Reducing symptoms of anxiety and depression
- Improving mood, stamina and muscular strength
- Preventing or decreasing risk of chronic diseases

Mentoring through physical activity and sports supports the development of social skills, improves self-esteem, and increases self-confidence. *U.S. Department of Health and Human Services, 2008*

## HOW DOES ICDI WORK?

1. Stakeholder becomes an ICDI Advocate and receives a comprehensive toolkit.
2. Advocate uses the toolkit to establish ICDI in a local school, college/university, or community entity.
3. Advocate recruits program participants - mentors (volunteers) and mentees (children or adults with disabilities).
4. All participants receive ICDI training (materials provided).
5. Mentors and mentees meet at least once per week to be active and set goals for the duration of the program (eight-ten weeks).
6. All participants earn Presidential Active Lifestyle Award (PALA+).





# I CAN DO IT YOU CAN DO IT!

## GETTING STARTED

### ICDI Programs in Three Settings:

- K-12 schools (public or private)
- Colleges and Universities
- Community

### An ICDI Advocate would:

- Select a coordinator to handle administrative duties and provide oversight to the program
- Identify the community resources for services to be provided
- Determine frequency and length of the program (i.e., three, eight-week sessions per year)
- Host a kick-off event to gain interest for the program
- Distribute sign-up materials to potential participants, families, and volunteers
- Establish policies and procedures for ICDI participants
- Ensure all ICDI staff and participants receive proper training

## WHAT MAKES ICDI UNIQUE?

### Inclusive

ALL individuals are welcome to participate regardless of their disability.

### Voluntary

The program thrives on disabled and non-disabled volunteers who work one-on-one with ICDI participants.

### Rewarding

Everyone can achieve success in ICDI by setting individualized goals, and earning PALA+.

### FREE

There is no cost to become an ICDI Advocate.

## PHYSICAL ACTIVITY AND NUTRITION MENTORING PROGRAM

For Children & Adults with Disabilities

### ADVOCATE BROCHURE



*For more information  
contact [ICDI@HHS.gov](mailto:ICDI@HHS.gov)*

