

**SENATE  
STATE OF MINNESOTA  
NINETY-SECOND SESSION**

**S.F. No. 4523**

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DATE  
04/21/2022

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Introduction and first reading

OFFICIAL STATUS

Referred to Health and Human Services Finance and Policy

1.1 A bill for an act  
1.2 relating to health; requiring a study on obesity in individuals with intellectual  
1.3 disabilities; establishing a health and wellness pilot program for adults with  
1.4 intellectual disabilities; requiring a report; appropriating money.

1.5 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF MINNESOTA:

1.6 Section 1. **STUDY ON OBESITY IN INDIVIDUALS WITH INTELLECTUAL**  
1.7 **DISABILITIES.**

1.8 (a) The commissioner of health, in consultation with the commissioner of human services  
1.9 and relevant stakeholder groups, shall study and make recommendations on ways to address  
1.10 the prevalence of obesity in individuals with intellectual disabilities due to a combination  
1.11 of behavioral, environmental, and systemic factors, including but not limited to high-calorie  
1.12 diets, lower rates of physical activity and exercise, limited opportunities for exercise, and  
1.13 lack of appropriate and targeted dietary and lifestyle advice and education. The study and  
1.14 recommendations shall include:

1.15 (1) options for tracking data on obesity among individuals with intellectual disabilities;

1.16 (2) identifying barriers in providing effective weight management tools for individuals  
1.17 with intellectual disabilities;

1.18 (3) designing health promotion activities and dietary strategies for individuals with  
1.19 intellectual disabilities to meet weight management needs, including but not limited to  
1.20 healthy eating, physical activity, and behavior change techniques;

2.1 (4) developing communication strategies for identifying and communicating health risks  
2.2 associated with obesity, the health benefits of physical activity, and how to make healthy  
2.3 dietary and lifestyle choices; and

2.4 (5) training opportunities for health care providers who provide services to individuals  
2.5 with intellectual disabilities on how to provide effective and targeted weight management  
2.6 of obesity through appropriate dietary intake, physical activity, health promotion, and health  
2.7 education.

2.8 (b) The commissioner shall submit recommendations to the chairs and ranking minority  
2.9 members of the legislative committees with jurisdiction over health care policy and finance  
2.10 by February 15, 2023.

2.11 **Sec. 2. HEALTH AND WELLNESS PILOT PROGRAM FOR ADULTS WITH**  
2.12 **INTELLECTUAL DISABILITIES.**

2.13 (a) The commissioner of health, in coordination with the commissioner of human services,  
2.14 shall establish a pilot program to study the benefits to adults with intellectual disabilities of  
2.15 participating in a health and wellness program. The commissioner of health may award a  
2.16 grant to an organization to enroll participants in the pilot program, connect participants with  
2.17 health and wellness services, collect data on how the health and wellness services provided  
2.18 impact the health of participants, and report that data to the commissioner.

2.19 (b) County case managers and special needs basic care plan care coordinators may refer  
2.20 individuals with intellectual disabilities for enrollment in the pilot program, and up to 15  
2.21 individuals shall be enrolled in the pilot program. In the pilot program, participants shall  
2.22 be provided with:

2.23 (1) access to a fitness facility and personal trainer to establish and work on fitness goals;

2.24 (2) access to a dietitian to help participants create a nutrition plan to maintain a healthy  
2.25 diet;

2.26 (3) access to a wellness education program to provide information on nutrition and  
2.27 mental health issues; and

2.28 (4) a fitness tracker to track physical activity, sleep, and other health metrics.

2.29 (c) Participants may be provided with a small incentive for participating in the pilot  
2.30 program.

2.31 (d) The pilot program shall include a study of how program participation affects the  
2.32 weight, blood pressure, blood sugar, and other health metrics of the participants. The

3.1 commissioner shall issue a report by November 1, 2023, to the chairs and ranking minority  
3.2 members of the legislative committees with jurisdiction over health and human services on  
3.3 how participation in the pilot program impacted the health and quality of life of the  
3.4 participants.

3.5 Sec. 3. **APPROPRIATION.**

3.6 \$400,000 in fiscal year 2023 is appropriated from the general fund to the commissioner  
3.7 of health for a study on obesity in individuals with intellectual disabilities and a health and  
3.8 wellness pilot program for adults with intellectual disabilities. This is a onetime appropriation.