The HealthMatters Train-the-Trainer Program teaches Direct Service Providers (DSPs) to implement a tailored health promotion program for people with ID in community-based organizations (CBOs) providing day and residential services. This study examines the efficacy of the HealthMatters Train-the-Trainer intervention with DSPs on health behaviors and health outcomes among adults with ID and their support staff. Results support the use of the HealthMatters Train-the-Trainer program for staff in CBOs to improve health outcomes, health behaviors, self-efficacy, and socio-environmental supports among adults with ID and their support staff.

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