



ValidationInstitute

2024 Validation Report

Review for: Kibu

Validation Achieved: Outcomes

Valid through: August 2024



Company Profile

kibu

Category:	Digital Health Platform
Website:	https://kibuhq.com/
Public or Private:	Private
Year Established:	2020
CEO:	Daniel Caridi
Company contact:	daniel@kibuhq.com

Description:

Kibu is a platform for people with special needs to learn, have fun, engage with the community and help disability providers manage their organizations. **Kibu** for individuals offers engaging fitness, recreational, job, and life skills classes which inspire confidence and create change. **Kibu** for organizations includes engaging content plus additional admin tools to help grow your practice.





Claim Assertion for Validation

People with intellectual or development disabilities who participate in Kibu's physical exercise program improve their employability, level of independence, reduce their need for prompts, and improve their mood over a six-month period.





Method / Calculation / Examples

The Kibu exercise program was offered five days a week for 30 minutes each session or two days a week for 45 minutes each session for six months to 100 intellectually or developmentally disabled adults. The exercise program was an offering of the day program that served the adults.

Participants were surveyed at the beginning and at six months into the program on the following topics.

- Employability (Interest in working, participation in work experience)
- Mood (Assessed using the PHQ-2 survey tool)

Staff working with the participants assessed level of independence at the beginning and at six months into the program. The assessment focused on the type of prompts needed in the participants' job or internship, and in the Kibu class.

There were no dropouts reported.

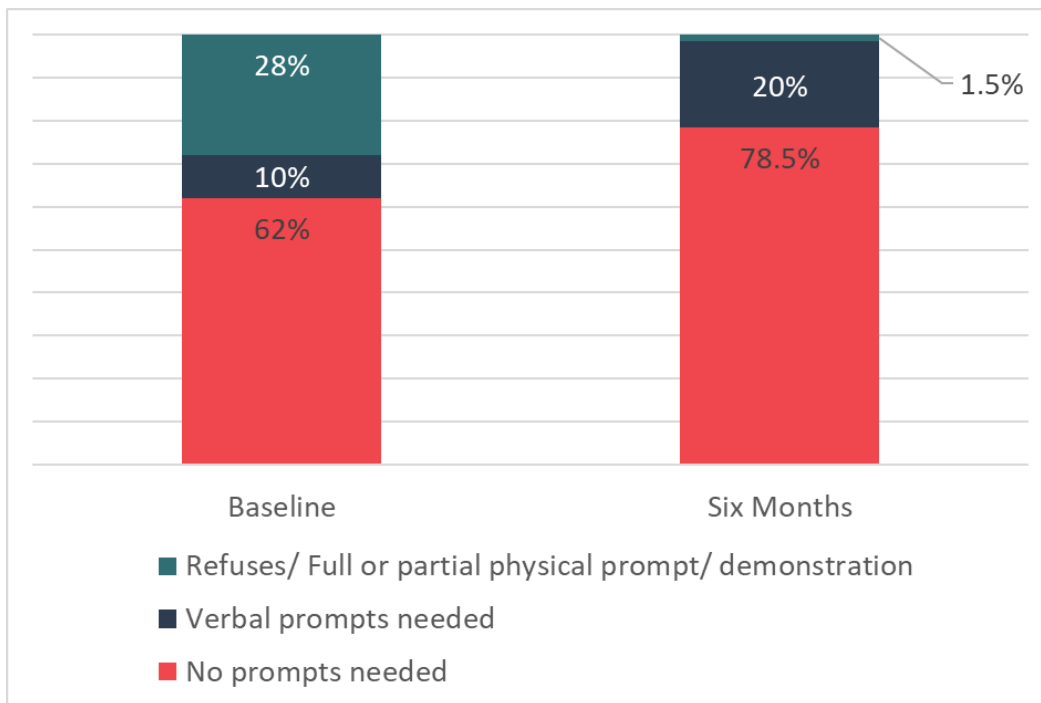




Findings & Validation

The Kibu exercise program had 100 participants. Of the total, 70% of the individuals participated in Kibu five days a week for 30 minutes a day, and 30% of the individuals participated two days a week for 45 minutes.

Staff assessment showed a decrease in participants' need for verbal and physical prompts, and for demonstration for participating in the Kibu program. Graph 1 summarizes the data. The portion of participants who needed only verbal or no prompts began at 62% and increased to almost 79%.



Graph 1: Type of Prompts Needed/ Level of Independence at Baseline and Six Months for Participation in Kibu Exercise Program

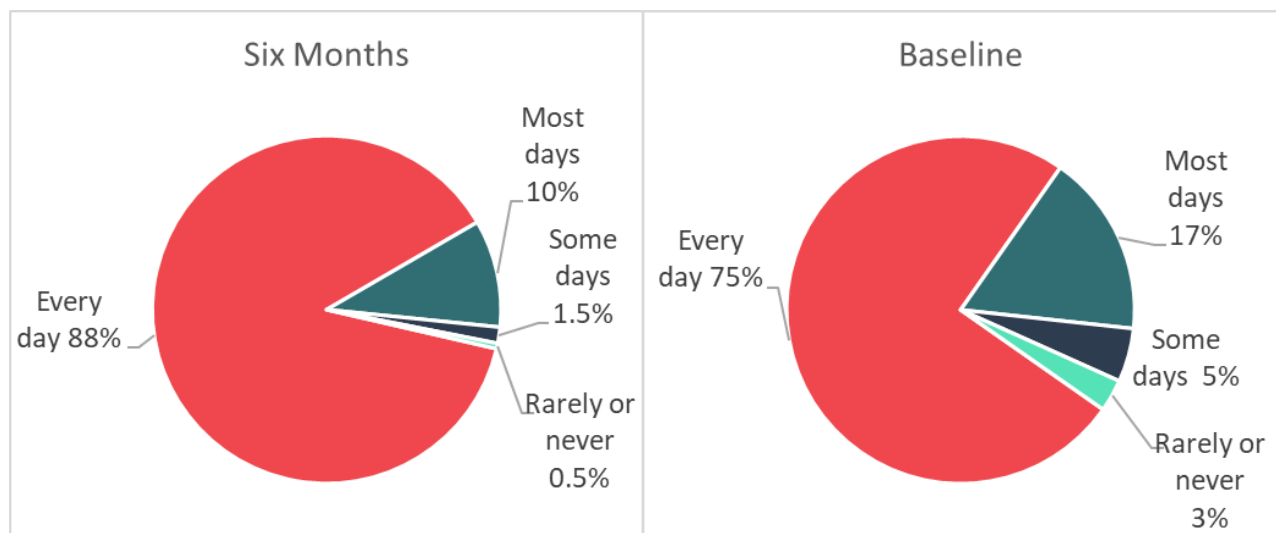


Findings & Validation

A similar shift was seen in the prompts and level of independence participants had in their job or internship. Among those who had a job or internship (n= 100), 59% needed no prompts at baseline; this had increased to 78% at six months.

Interest in participating in a work or internship experience increased among those who were not already working or interning. Of these members, 22% more were interested in a work or internship placement at six months.

More participants reported feeling interested and finding pleasure in learning and doing activities every day after six months of the Kibu program (88%) than did at the beginning (75%). Graph 2 summarizes these responses.



Graph 2 Responses to the question "How frequently do you feel interested or find pleasure in learning and doing activities?"



Findings & Validation

Similarly, the portion reporting rarely or never feeling down, depressed, or hopeless rose from 84% to 92%. At six months, a greater portion reported that their overall mood lately was happy: this was 37% at baseline and 52% at six months.





Limitations

As with any observational study, participants may have traits that made them more likely to report improvement on the measures. At six months, a greater portion of the participants had positive outcomes, such as more interest in working or interning; however, these changes were not statistically significant.





Validation and Credibility Guarantee

Kibu's physical exercise program has achieved validation for **Outcomes**. Validation Institute is willing to provide up to a \$25,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit <https://validationinstitute.com/credibility-guarantee/>.

Savings

Can reduce health care spending per case/participant or for the plan/purchaser overall.

Outcomes

Product/solution has measurably improved an outcome (risk, hba1c, events, employee retention, etc.) of importance.

Metrics

Credible sources and valid assumptions create a reasonable estimate of a program's impact.

Contractual Integrity

Vendor is willing to put a part of their fees "at risk" as a guarantee.





CERTIFICATE OF VALIDATION

Applicant:	Kibu Greenwich, CT 06830, US
Product:	Kibu's physical exercise program
Claim:	People with intellectual or development disabilities who participate in Kibu's physical exercise program improve their employability, level of independence, reduce their need for prompts, and improve their mood over a six-month period.
Validation Achieved:	Validated for Outcomes
Award Date:	January 2024

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About Validation Institute

Validation Institute is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

Validation Review Process

Validation Institute has a team of epidemiologists and statisticians who review each program. The team focuses on three components:

- Evidence from published literature that a similar intervention had similar results.
- The reliability and credibility of the data sources.
- The rigor of the approach to calculating results.

To achieve validation, the program has to satisfy each of these components. VI's team then summarizes the review into a report which is publicly available. Details of VI's review are available with the program's permission.