“Friends and Allies of the Walking Movement”
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Building Healthy, Inclusive Communities

• Founded in 1999, NCHPAD is a public health practice and resource center for information on physical activity, health promotion, and disability, serving persons with physical, sensory and cognitive disability across the lifespan.

• NCHPAD.org features a variety of resources and services which can benefit all ages and populations

• Operates within the UAB/Lakeshore Foundation Research Collaborative

• Funded National Center on Disability from Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities (NCBDDDD)
NCHPAD Knowledge Adaptation, Translation & Scale up (N-KATS) Framework
**NCHPAD’s *inclusive* Community Health Implementation Package (iCHIP) by Sector**

<table>
<thead>
<tr>
<th>Materials</th>
<th>Inclusion is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guidelines, Recommendations, Adaptations Including Disability (GRAIDs)</td>
<td>Information &amp; Policy</td>
</tr>
<tr>
<td>Community Health Inclusion Index (CHII)</td>
<td>Assessment &amp; Evaluation</td>
</tr>
<tr>
<td>Community Health Inclusion Sustainability Plan (CHISP)</td>
<td>Planning and Leadership</td>
</tr>
<tr>
<td>Community Health Inclusion Communication Scorecard (CHICS)</td>
<td>Health Communication</td>
</tr>
<tr>
<td>Community Health Inclusion Training and Technical Assistance (CHITTA)</td>
<td>Training, Information &amp; Consultation</td>
</tr>
<tr>
<td>Community Health Inclusion Recommended Policies (CHIRP)</td>
<td>Policy</td>
</tr>
</tbody>
</table>
Inclusion in the Walking Movement

September 2015: U.S. Surgeon General releases Call to Action on Walking and Walkable Communities.

“The purpose of the Call to Action is to increase walking across the United States by calling for improved access to safe and convenient places to walk and wheelchair roll and by creating a culture that supports these activities for people of all ages and abilities.”

Deputy Director of Special Projects and Partnerships at the U.S. Department of Education, Juliette Rizzo
Disability Impacts All of Us

- CDC: 1 in 5 adults or over 53 million people in the US live with a disability
- Adults with disabilities are 3 times more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities
- Nearly half of all adults with disabilities get no aerobic physical activity, an important health behavior to help avoid these chronic diseases
- Disability is a health disparity NOT a health outcome!

http://www.cdc.gov/vitalsigns/disabilities/

Medical vs. Social Model

• We must change our viewpoint on disability for people with disabilities to have a chance on improving their health.

• **Medical Model**: Disability-specific, personal as opposed to societal problem.
  – Disability is a pathology within the individual.
  – It is a personal problem.
  – Focus is on treating/curing the individual.

• **Social Model**: Issue of disability is a societal issue.
  – The “problem” of disability is located within society, not the individual.
  – Focus is on approaches such as barrier removal and anti-discrimination legislation.
Addressing Barriers to Inclusion

- Identified categories of barriers to inclusive services include:
  - *architectural*
  - *programmatic*
  - *attitudinal*
Influence perspectives on walking by encouraging a transformation in individual and societal attitudes about people with disability.

Spur health promotion providers and walking advocates to adopt the rebrand walking mentality to promote inclusion in all walking initiatives.

Encourage consumers to become self-advocates by sharing their mode of walking through social media activation.

Share promising practices and resources on including people with disability in walking initiatives to foster more inclusion among public health programming.

A movement to rebrand the word walking by challenging individual and societal perspectives.
https://www.youtube.com/watch?v=1Py0vP1c6MU
82 commitments made, reaching over 7.2 million individuals with disability internationally.
What is Inclusion?

Inclusion means to transform communities based on social justice principles in which all community members:

• Are presumed competent;
• Are recruited and welcome as valued members of their community;
• Fully participate and learn with their peers; and
• Experience reciprocal social relationships.

Thank you!

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