Building Healthy, Inclusive Communities

• As a National Center on Health Promotion for People with Disabilities funded through CDC-NCBDDD, NCHPAD works to improve the health, wellness, and quality of life of people with disability.

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

• Operates within the UAB/Lakeshore Foundation Research Collaborative
THERE IS NO PHYSICAL LIMIT TO HUMAN ACHIEVEMENT.
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.
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*
Addressing Barriers to Inclusion

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

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

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

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

A movement to rebrand the word walking by challenging individual and societal perspectives.
Purpose Statement

To accelerate disability inclusion programmatic, policy, systems, and environmental (PPSE) improvements that increase access and opportunities for walking and walkable communities—with a principal focus on disability inclusion and accessibility.
About the Micro-Grant

• Applications open today!
• Applications are due Friday, April 28th at 5pm Eastern.
Walkability

Why Walkability?
Built Environment
How can communities

Get from Here...  To Here...
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.

Universal Design is the design of all products and environments to be usable by people of all ages and abilities, to the greatest extent possible.

- Ronald L. Mace
Visit the Public Health Professionals Target Audience Page for resources, links and videos!

http://www.nchpad.org/Public~Health~Professionals

Resources for Inclusive, Healthy Communities

“INCLUSIVE COMMUNITIES PROVIDE PEOPLE WITH DISABILITY EQUAL ACCESS AND OPPORTUNITIES FOR HEALTHY LIVING.”
A global campaign to end the exclusion of people with disability from physical activity and all associated areas.

committoinclusion.org/
Reaching People with Disabilities through Healthy Communities

Project Partners include NACDD, CDC, NCHPAD-Lakeshore Foundation