INCLUSIVE COMMUNITIES PROVIDE PEOPLE WITH DISABILITY EQUAL ACCESS AND OPPORTUNITIES FOR HEALTHY LIVING.

NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY & DISABILITY
The nation’s premier center in promoting the health and wellness of people with disability.
ARTICLES

- Best Practice of Inclusive Services: The Value of Inclusion
- Complete Streets
- Creating Inclusive Programs
- Creating Markets for All Shoppers
- Definition of Inclusion
- Disability Impacts All of Us
- Eliminate Disparities through Inclusive Public Health Practice
- Guidelines for Disability Inclusion in Programs and Policies
- Inclusion and a Healthy Society
- Inclusive Community Health Promotion
- Safe Routes to School and Disability
- What are Complete Streets?
- What Is Health Equity?
- What Makes A Community Livable?

GUIDEBOOKS

Community Health Inclusion Sustainability Planning Guide (CHISP)
The CHISP is a supplement to the Sustainability Planning Guide for Healthy Communities (CDC, 2011) and may be used in conjunction with it.

Discover Inclusive Safe Routes to School
This article and NCHPAD booklet cover tips and strategies for including students with disabilities in SRTS.
**Guidelines for Disability Inclusion in Physical Activity, Nutrition and Obesity Programs & Policies Implementation Manual**

A guidebook to assist in the updating of community health programs and policies to be inclusive of the needs of people with disabilities.

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**TARGET AUDIENCE**

**Public Health Professionals**

On this page you will find tailored information related to inclusion in public and community health initiatives.

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**TECHNICAL ASSISTANCE**

NCHPAD offers a free information service on a wide variety of topics related to physical activity, fitness, recreation, sports, leisure, nutrition, disability and chronic health conditions. Contact one of our talented information specialists to help you locate the resources you need. Technical assistance is available between the hours of 9:00 am- 5:00 pm CST on Monday-Friday via telephone 800-900-8086, live chat at nchpad.org, and email at email@nchpad.org.

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**TRAINING**

NCHPAD actively works to create health equity for people with disabilities by building healthy, inclusive communities through training and collaboration. To help address the inequities faced by people with disability, NCHPAD has created the Inclusive Community Health Implementation Package (iCHIP). The iCHIP features interactive tools to help community health practitioners, organizations, and coalitions incorporate,
enhance, and promote inclusion across all aspects of community health efforts. The iCHIP provides specific guidance, information, and resources related to community health leadership, communication, policy, programming, planning, assessment, and training. To request a virtual or in-person training or training resources, please contact us.

PROGRAMS

14-Week Program to a Healthier You!
A free, personalized, web-based physical activity and nutrition program for individuals with disabilities and chronic health conditions.

Champion's Rx
A high-intensity daily workout program designed to challenge all ability levels. This workout program is geared towards individuals who are currently active and have access to a fitness facility or minimal exercise equipment.

CAMPAIGNS

Commit To Inclusion
A global campaign to end the exclusion of people with disability from physical activity and all associated areas. #CommitToInclusion

How I Walk
A campaign to rebrand the word walking. #HowIWalk

NEWSLETTER

inclusive.health.connection - An e-news resource for transforming your community
A monthly e-newsletter highlighting current news and research on physical activity and disability, events and conferences, and featured columns for all populations including youth.
**Community Health Inclusion Index (CHII)**
The CHII can be used to assess the level of health inclusion of a community at large, as well as at a wide range of built environment locations that make up a community, including physical activity, education, work, health care, and food sites. Aside from the community-at-large assessment, it also includes both in-person and organizational assessments that can be done on specific sites with a focus on the built environment, equipment, programs and services, staff, and policies.

**Inclusive Communication Tools**
NCHPAD has several articles about effectively communicating for, with and about people with disabilities and has also created the Community Health Inclusion Communication Scorecard (CHICS).

**Environment-level Assessments**
There are several available assessments that can be utilized to determine the levels of inclusion and accessibility of a wide range of environments.

**GRAIDS- Guidelines Recommendations and Adaptations Including Disability**
The GRAIDs include recommendations and adaptations to the CDC’s 24 obesity reduction strategies in order to ensure they are inclusive and accessible for youth and young adults with cognitive and physical disabilities. The four focus areas that all of the GRAIDs consider are physical activity, nutrition, culture, and policy. The recommendations and adaptations within each GRAID are broken out by four domains: (1) the built environment, (2) services, (3) instruction, and (4) equipment.

**Inclusive Community Health Implementation Package (iCHIP)**
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**Person-Level Assessments**
Along with environment-level tools, there are also individual-level assessments that can be utilized to evaluate and predict individual experiences in and with specific environments.
VIDEOS

- Reaching People with Disabilities Through Healthy Communities Project Training
- Community Health Inclusion Index (CHII)
- How I Walk: A Campaign to Rebrand Walking video series
- Farmers Markets 101
- Community Health Inclusion playlist

To view more resources and services which can benefit all ages and populations, connect with us:

www.nchpad.org  email@nchpad.org  1-800-900-8086
/nchpad  @NCHPAD  @NCHPAD

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