Do you get enough?

2017 National Walking Summit
Equity and Inclusion Training
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Building Inclusive, Healthy 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.

• NCHPAD supports the **accessibility** and **inclusion** of people with disability in existing and future public health promotion programs geared toward improving their physical activity, nutrition and healthy weight management.
Health of People with Disability

• Poor health is a national epidemic among people in general and among people with disabilities in particular.
• People with disabilities are often ignored by the general health community.
• Many consider health and disability an oxymoron.
Health of People with Disability

• Few health professionals promote regular physical activity for persons with disabilities.
• There is a lack of information/training on how to adapt physical activity and exercise programs for people with disabilities.
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

• **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.
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.

Inclusive communities provide people with disability equal access to and opportunities for healthy living by implementing policy, systems, and environmental changes that increase access to physical activity, healthful food, and healthy weight management initiatives.
Addressing Barriers to Inclusion

• Identified categories of barriers to inclusive services include:
  • *architectural*
  • *programmatic*
  • *attitudinal*
Achieving “Health Equity”

- Health equity is assurance of the conditions for *optimal* health for *all* people
- Achieving health equity requires:
  - Valuing *all* individuals and populations *equally*
  - *Recognizing* and *rectifying* historical injustices
  - Providing resources according to *need*

Source: Jones CP, 2010 (adapted from the National Partnership for Action to End Health Disparities)
• Toolkit
• Key messages
• Graphics
• Target audience
• Factsheets
  – Complete streets
  – Livable communities
  – Walking movements
  – Safe Routes to School
• Social media
  – #HowIWalk

A movement to rebrand the word walking by challenging individual and societal perspectives.
A global campaign to end the exclusion of people with disability from physical activity and all associated areas.

committoinclusion.org/
90 commitments made, reaching over 7.2 million individuals with disability globally
Inclusive Policy Guidelines

- Covers each of the 9 Guidelines including:
  - Why do this?
  - How to do this
  - Examples
  - Resources
Guidelines for Disability Inclusion in Physical Activity, Nutrition, and Obesity Programs and Policies

1. Objectives Include People with Disabilities
2. Involvement of People with Disabilities in Development, Implementation, & Evaluation
3. Program Accessibility
4. Accommodations for Participants with Disabilities
Guidelines continued...

5. Outreach and Communication to People with Disabilities
6. Cost Considerations and Feasibility
7. Affordability
8. Process Evaluation
9. Outcomes Evaluation
A Partnership that unites organizations behind disability inclusionary practices in healthy community efforts.

committoinclusion.org/inclusivehealth/
America Walks

COMMITHMENT

America Walks commits to creating inclusive healthy communities by working with partners to make sure that advocates, practitioners and organizations have the tools, resources, and knowledge to create places where every individual, regardless of ability, can be active, healthy and happy.

http://committoinclusion.org/america-walks/
Designing for Inclusive Health

Micro grants:
- Access Portsmouth (Portsmouth, NH)
- Zeitgeist Center for Arts & Community (Duluth, MN)
- Hanover County Health Department (Ashland, VA)
Partners for Inclusive Health

AMERICA WALKS

Active Schools

IHRSA FOUNDATION

NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

American Heart Association

NRPA National Recreation and Park Association
Because everyone deserves a park

Safe Routes to School National Partnership

ALLIANCE FOR A HEALTHIER GENERATION
Thank you!

NCHPAD offers a free information service on a wide variety of topics related to physical activity, health promotion, recreation, sports, leisure, nutrition, disability and chronic health conditions.

Voice & TTY
800.900.8086
Online Live Chat
email@nchpad.org
www.nchpad.org