Building Inclusive Healthy Communities
There is no physical limit to human achievement
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
- Operates within the UAB/Lakeshore Foundation Research Collaborative
- NCHPAD supports the accessibility and inclusion of people with disability in existing and future public health promotion programs geared toward improving physical activity, nutrition and healthy weight management.
A Snapshot of Disability in Alabama

This fact sheet provides an overview of disability in Alabama (AL) compared to national estimates. You can use this information to become aware of the number and characteristics of people with disabilities in your state.

Disability Costs in HEALTH CARE EXPENDITURES

Despite progress, people with disabilities in Alabama and across the country continue to face significant social and health disparities.

The Centers for Disease Control and Prevention (CDC) supports research and programs to include people with disabilities in disease prevention, health promotion and emergency response activities, while working to eliminate barriers to health care and improve access to routine preventive services.

Adults with Disabilities are more likely to:

- **be inactive**
  - Adults with disabilities in the U.S.: 36.3%
  - Adults without disabilities in the U.S.: 23.9%
  - Adults with disabilities in Alabama: 40.0%
  - Adults without disabilities in Alabama: 30.4%

- **have high blood pressure**
  - Adults with disabilities in the U.S.: 41.7%
  - Adults without disabilities in the U.S.: 26.3%
  - Adults with disabilities in Alabama: 52.9%
  - Adults without disabilities in Alabama: 31.8%

- **smoke**
  - Adults with disabilities in the U.S.: 30.3%
  - Adults without disabilities in the U.S.: 16.7%
  - Adults with disabilities in Alabama: 35.3%
  - Adults without disabilities in Alabama: 21.0%

- **be obese**
  - Adults with disabilities in the U.S.: 38.4%
  - Adults without disabilities in the U.S.: 24.4%
  - Adults with disabilities in Alabama: 39.7%
  - Adults without disabilities in Alabama: 29.4%
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

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

Disability is a demographic
NOT a health outcome!
BUILDING THE BUSINESS CASE
What IS Inclusion?
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.

What is Universal Design?

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
A Partnership that unites organizations behind disability inclusionary practices in healthy community efforts.

committoinclusion.org/inclusivehealth/
INCLUSION IN ACTION!
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*
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.
Bentley awards $1.6 million in grants for Alabama parks, trails

High Efficiency Trail Assessment Process: Training and Implementation in Alabama

Proposal submitted by Lakeshore Foundation and the Alabama Trails Commission
Greatest Barrier to Outdoor Facility and Trail Use

Lack of knowledge about actual on-site conditions or about where access is