



Do you get enough?

UAB | **LAKE SHORE**
RESEARCH COLLABORATIVE
promoting the health and wellness of people with disabilities



Building Inclusive Healthy Communities



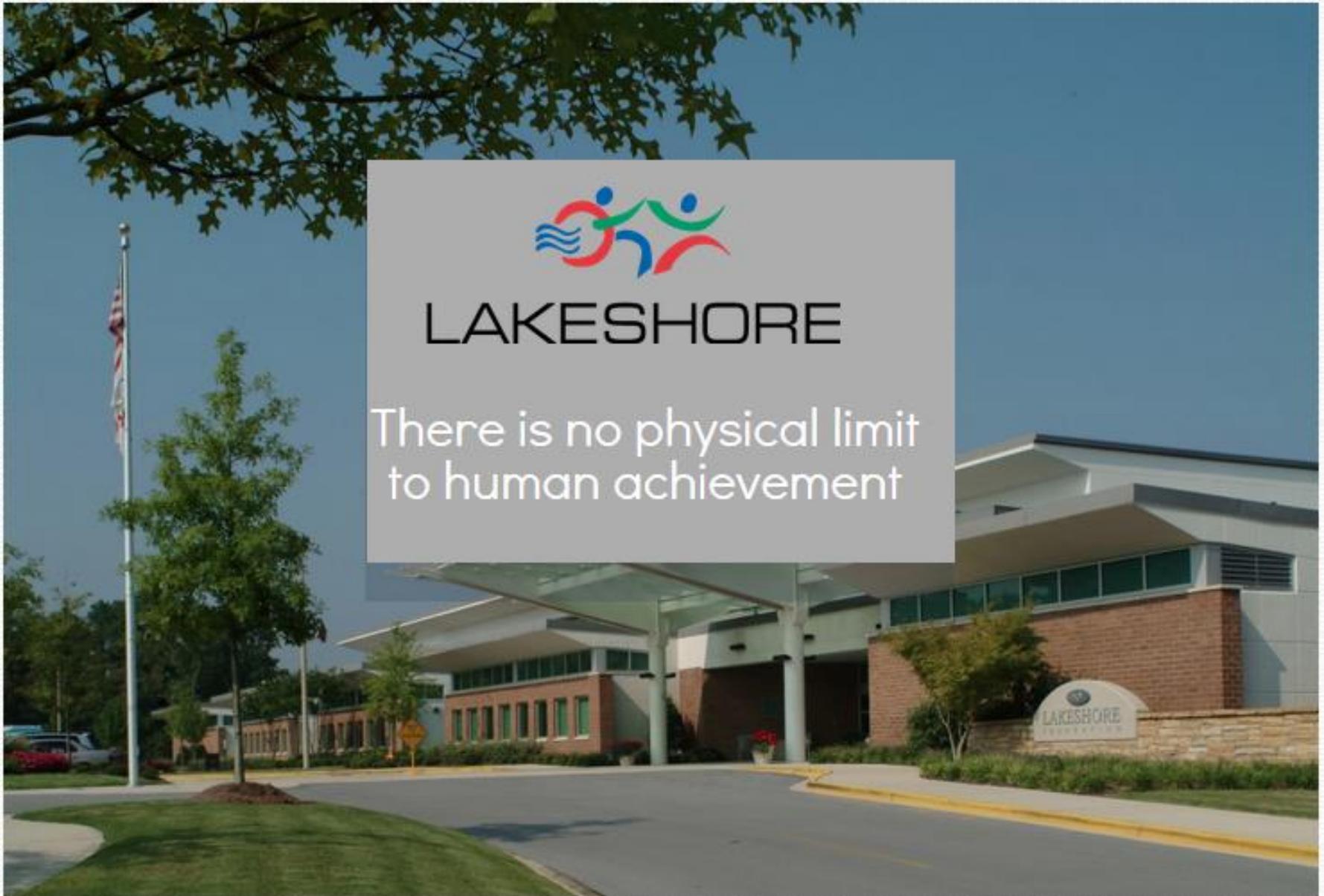
LAKE SHORE

Alabama
TRAILS COMMISSION



LAKESHORE

There is no physical limit
to human achievement



Building Inclusive, Healthy Communities

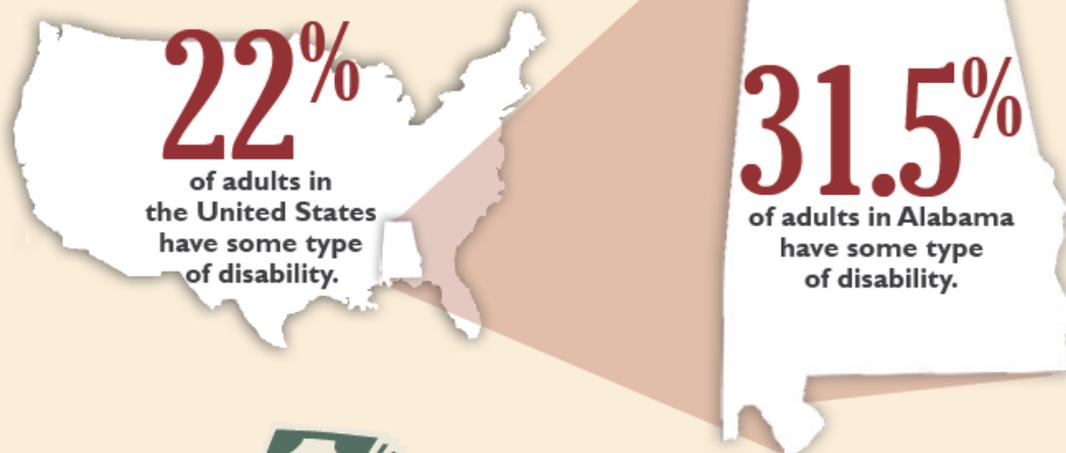
- *As a National Center on Health Promotion for People with Disabilities* funded through CDC-NCBDDDD, NCHPAD works to improve the health, wellness, and quality of life of people with disability.
- **NCHPAD.org** features a variety of resources and services which can benefit all ages and populations
- 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.



STATE OF HEALTH

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



\$6.2 billion per year in Alabama

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



have high blood pressure



smoke

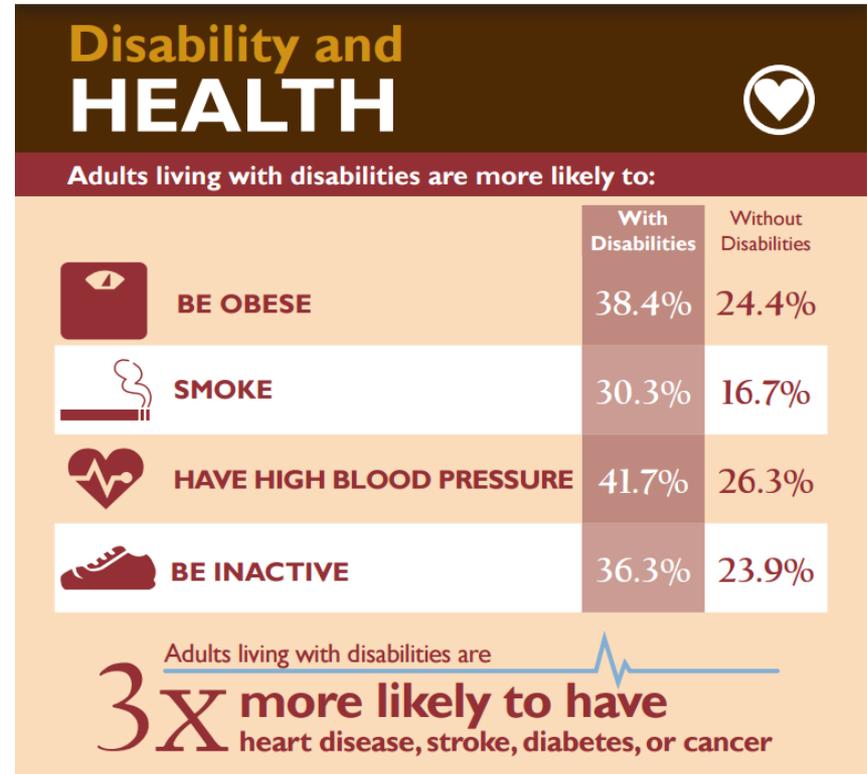


be obese



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>

Courtney-Long EA, Carroll DD, Zhang Q, et al. Prevalence of Disability and Disability Type among Adults, United States – 2013. MMWR Morb Mortal Wkly Rep 2015; 64: 777-783.



Chronic Disease



Disability

Breaking Down Silos



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.

Community Health Inclusion Sustainability Planning Guide. Retrieved from:
<http://www.nchpad.org/CHISP.pdf>.

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

COMMIT TO INCLUSION



Partnership for Inclusive Health

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

committoinclusion.org/inclusivehealth/



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**AMERICAN COLLEGE
of SPORTS MEDICINE®**
LEADING THE WAY



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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 perspective encouraging a trans individual and social people with disabilities

Spur health promotion walking advocates to walking mentality to in all walking initiatives

Encourage consumer **advocates** by sharing walking through social

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



**RETHINK
THE WAY
YOU SPEAK
ABOUT
WALKING!**



How to Rebrand Walking

nchpad.org/howiwalk

#HOWIWALK
www.nchpad.org/howiwalk

movement to and the word by challenging cultural and societal perspectives.

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





