

# Reaching People with Disabilities through Healthy Communities

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## INTRODUCTION

- The *Reaching People with Disabilities through Healthy Communities* pilot project seeks to make healthy choices the easier choices in areas where people live, learn, work, play, pray, and receive care – **with a principle focus on disability inclusion**.
- Specifically, this means working with five of the CDC Disability and Health Branch's State Disability and Health Programs and 10 local, Healthy Community coalitions to increase access and opportunity for healthy eating and physical activity, as well as prevent and reduce exposure to tobacco products, through new supportive policies, systems, and environments (PSE). **These new PSE changes must be inclusive of, or directly target, people with disabilities.** NACDD uses a phased approach to Healthy Community change to assist state and community grantees with the community change process.
- Project partners with NACDD include the CDC Disability and Health Branch, the National Center for Health, Physical Activity, and Disability, and the Lakeshore Foundation.

## OBJECTIVES

- Community grantees develop and implement Community Action Plans to achieve at least **four inclusive** policy, system, or environmental (PSE) changes each, toward **healthy eating, physical activity, or tobacco prevention/reduction** by the end of the pilot project.
- NACDD provides ongoing technical assistance and support to state and community grantees through in-person and virtual meetings/trainings on a routine basis.
- Grantees participate in routine progress reporting, peer learning, and communication and dissemination activities.

## PRIORITIES

- NACDD developed the project's design by adapting the **five-phased, Healthy Community change model** for this national pilot project, including designated activities for Commitment, Assessment and Training, Prioritization and Planning, Implementation, Evaluation, and Dissemination phases.
- Through a competitive application process, NACDD selected **five** CDC State Disability and Health applicants paired with **two** local communities each (total of **10**) to participate in the pilot project.
- NACDD guides grantees through each phase of the model.

## IMPACT

- Community and State Grantees include the following:
  - 1) Carroll County, IA
  - 2) Sioux City, IA
  - 3) Butte, MT
  - 4) Helena, MT
  - 5) Cattaraugus County, NY
  - 6) Syracuse, NY
  - 7) Adams County, OH
  - 8) Marion County, OH
  - 9) Benton County, OR
  - 10) Umatilla County, OR
- Collectively, these grantees have achieved **104** total inclusive healthy community changes to date, promoting more access and opportunity for **physical activity, healthy eating, and general inclusion improvements**.

## OUTLOOK

- **Adapted and inclusive exercise** now is being implemented in multiple community sectors in Carroll County, IA, and Adams County, OH.
- **Adapted recreation opportunities** are now available in Sioux City, IA, and Marion County, OH.
- **Accessible infrastructure improvements** are now present in Cattaraugus County, NY, and Benton County, OR.
- **Major updates to community plans**, such as zoning, wayfinding, and transportation, are underway in Syracuse, NY, Helena, MT, and Butte, MT, respectively.
- **Power wheelchair charging stations** were installed in Umatilla County, OR, as the **first** in the nation. Since then, several grantees have been quick to follow their lead!



(Right) Inclusive exercise in Carroll, IA  
(Left) Inclusive mobile food pantry in Marion, OH