

Reaching People with Disabilities through Healthy Communities

Syracuse University Lerner Center for Public Health Promotion

This project has impacted my life because:

This project has positively impacted the Syracuse University Lerner Center by helping the center to learn about disability inclusion and to integrate inclusivity into current community-wide efforts, such as the Monday Mile. Without this project, disability inclusion may have never been incorporated in a sustainable, systemic manner.

The most influential policy, system, or environmental change of this project to me was:

The most influential change of this project for the Lerner Center is the Inclusive Monday Mile policy, which ensured inclusivity will be considered when planning new Monday Mile routes throughout Syracuse. The Lerner Center assessed inclusivity at all its existing Monday Mile walking routes, made information available through the Inclusive Recreation Resource Center database, and had Lerner Center staff and Fellows complete the SUNY Cortland Inclusive U training. This course provided the staff at Lerner Center with a new perspective on the importance of inclusive spaces and was able to integrate this with the Monday Mile walking initiative.

As a result of this, I/we:

As a result of this, the Lerner Center is committed to creating safe and accessible recreation areas for everyone to enjoy. Through the Monday Mile walking program, we continue to identify public spaces that people of all abilities can use to get outside, get active, and connect with one another.

What was the emotional connection, self-efficacy, or “ah-ha” moment for this project?

Inclusivity is more than just an accessible area; it is the action of creating spaces where people of all abilities and backgrounds can “belong” to, socialize, and feel welcome. The integration of disability inclusion and people with disabilities into existing healthy community efforts is an integral part of a strong community.

Please note that testimonials may be edited for clarity by the NACDD Communications Department.