

NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY AND DISABILITY

NCHPAD



www.nchpad.org

Safe Routes to School National Partnership

June 19, 2018



Who is **NCHPAD** ?

The logo for NCHPAD, featuring a stylized blue figure in a wheelchair.

- *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
- 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**.



LAKESHORE

**THERE IS NO PHYSICAL
LIMIT TO HUMAN
ACHIEVEMENT.**

What is Inclusion?

Inclusion assumes that all children, regardless of ability or disability, have the right to:

- Be respected and appreciated as valuable members of the school community
- Fully participate in all school activities
- Interact with peers of all ability levels with opportunities to develop friendships and learn and respect differences

How can communities

Get from Here...



To Here...



Inclusion and the 6 E's of Safe Routes to School

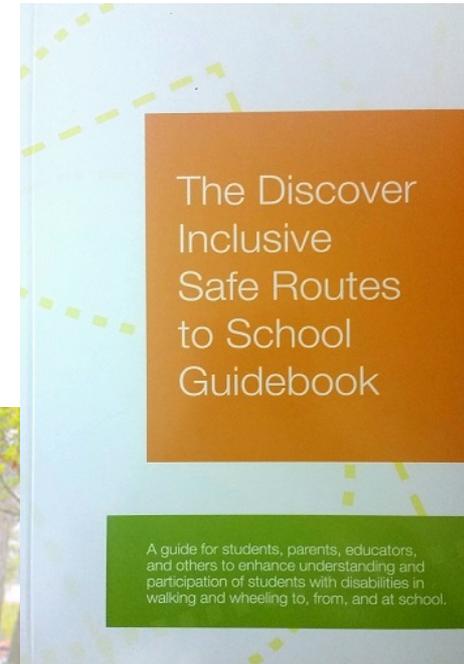
- ❑ **Education:** Students, parents and staff/volunteers
- ❑ **Encouragement:** Group competitions, involve disability orgs
- ❑ **Engineering:** Survey walking routes
- ❑ **Evaluation:** Ask parents and students about access
- ❑ **Equity:** Same opportunity for all students with disabilities
- ❑ **Enforcement:** Work with law enforcement to address barriers to participation (e.g. parking in front of curb ramps)

Inclusion Happens Through Partnership

- ❑ **Need base of knowledge in inclusion, but SRTS personnel do not have to be experts**
- ❑ **Start with “natural” supports already in school**
 - Allied Health, special education, adapted PE, parents & students
- ❑ **Look to community partners**
 - Special recreation personnel, disability organizations, public works/planning
- ❑ **Use National Resources**
 - NCHPAD, US Depts of Ed and Transportation, National Aging and Disability Transportation Center (NADTC,) National Council on Independent Living, Regional ADA Centers

Discover Inclusive Safe Routes to School Guidebook

- Inclusive planning and design accommodation recommendations
- Enhances understanding and participation of students walking to and from school



HOW I WALK

A Campaign to Rebrand Walking

www.nchpad.org/howiwalk

Discover Inclusive School Wellness

www.nchpad.org/Educators



RESOURCES FOR INCLUSION IN PHYSICAL ACTIVITY & YOUTH WITH DISABILITY

"Inclusion in physical activity and athletics is how children learn from each other, build social skills and optimize their growth and development."



**NATIONAL CENTER ON HEALTH, PHYSICAL
ACTIVITY & DISABILITY**
*The nation's premier center in promoting the health and
wellness of people with disability.*



GUIDELINES FOR DISABILITY INCLUSION IN PHYSICAL ACTIVITY, NUTRITION, & OBESITY PROGRAMS AND POLICIES

Implementation Manual

Online at www.centerondisability.org/docs/Guidelines_Disability_Inclusion_Implementation_Manual.pdf

Inclusive Policy Guidelines

- Covers each of the 9 Guidelines including:
 - Why do this?
 - How to do this
 - Examples
 - Resources

COMMIT TO 
INCLUSION
COMMITTOINCLUSION.ORG

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

