

The logo for iCHIP features a stylized lowercase 'i' with a globe icon as its dot, followed by the letters 'CHIP' in a large, bold, sans-serif font. The entire logo is white and set against a blue background with diagonal lines.

# iCHIP

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Inclusive Community Health Implementation Package

**Executive Summary**

# OVERVIEW

## ***Inclusive Community Health Implementation Package (iCHIP)***

All individuals have the right to conditions and resources that ensure optimal health. In fact, the Americans with Disabilities Act (ADA) of 1990 is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life and promotes accessibility to jobs, schools, transportation, and all public and private places that are open to the general public. However, ingrained socioeconomic disadvantages and environmental, programmatic, and attitudinal barriers within communities still exist and are now widely recognized as major contributors to health disparities experienced by people with disability. People with disability experience significant barriers when attempting to access health and wellness activities, information, and services if those services are not designed to consider their preferences, needs, and disability. With rates of obesity two to four times higher in children and adults with disability compared to the general population, coupled with the limited federal, state, and local resources available for health promotion programs specific to people with disability, there is a compelling rationale for considering alternative methods for promoting health and wellness in populations with the greatest need.

Inclusive communities provide people with disabilities equal access to and opportunities for healthy living. This can be achieved by implementing policy, systems, and environmental (PSE) changes that increase access to physical activity, healthful food, and healthy weight management initiatives.

The National Center on Health, Physical Activity and Disability (NCHPAD) is an online hub for information and resources on physical activity and disability, positioned to serve as the nation's premier center in promoting the health and wellness of people with disability. Center activities focus on (1) promoting inclusive policies, systems, and environments that support the needs of people with disabilities; and (2) improving health behaviors and weight management strategies that address obesity in children and adults with disabilities. NCHPAD actively works to create health equity for people with disabilities by building healthy, inclusive communities through training and collaboration. To help address the inequities faced by people with disability, NCHPAD has created the Inclusive Community Health Implementation Package (iCHIP). The iCHIP features interactive tools to help community health practitioners, organizations, and coalitions incorporate, enhance, and promote inclusion across all aspects of community health efforts. The iCHIP provides specific guidance, information, and resources related to community health leadership, communication, policy, programming, planning, assessment, and training. This document serves as an executive summary and will provide a glance into each component of this package.

# DEFINITION OF 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.

## **Examples of levels of participation include:**

Physical access:

The physical environment is accessible to all comers; no supports for participation are necessary. For instance, there is no special entrance or door for people with disabilities because the common door is accessible to anyone. The furniture has enough space around it to be navigable by anyone, including those who use devices for mobility such as wheelchairs, walkers and canes. There are numerous other examples related to physical activity, nutrition and obesity prevention programs.

Programmatic access:

Physical access and communication resources are accessible in multiple formats to meet the needs of people with diverse abilities. For example, written, verbal, and hands-on instructions are available. To ensure programmatic access, supports may be needed (e.g., volunteers and/or technology) to ensure that individuals with disabilities can participate in all program-based activities. Beyond immediate access and provisions at a facility or event, programmatic access also includes marketing, promotion, and other awareness and outreach activities that ensure all community members are aware of and feel welcomed to programs, facilities, and events.

# COMMUNITY HEALTH INCLUSION

***Inclusive communities provide people with disability equal access and opportunities for healthy living.***

This can be achieved by implementing policy, systems, and environmental (PSE) changes that increase access to physical activity, healthful food and healthy weight management initiatives.



# INCLUSION IS... LEADERSHIP

## ***Community Health Inclusion Sustainability Planning (CHISP) Guide***

One of the most important components of building healthy, inclusive communities is local leadership that understands the importance of inclusion and sustainability as a foundation for lasting healthy change. To that end, in collaboration with Easter Seals and a diverse range of partners, NCHPAD created the Community Health Inclusion Sustainability Planning (CHISP) Guide as a resource to build and enhance such leadership within local communities in all areas of health planning, action, and evaluation.

The CHISP is intended to be used to create or enhance the efforts of existing local health coalitions. Additionally, it can be used by local health leaders and organizations to incorporate elements of sustainable inclusion into existing and upcoming community health efforts to ensure all community members, including those with disability, experience the benefits of these efforts.

The CHISP is intended to be utilized in tandem with the Centers for Disease Control and Prevention's (CDC) A Sustainability Planning Guide for Healthy Communities (Planning Guide), both of which contain excellent information on all stages of sustainable coalition planning, action, and evaluation. Each section of the CHISP mirrors that of the Planning Guide, providing corresponding page numbers so each can be used in congress with the other to ensure maximal levels of inclusion and sustainability for all community health efforts. The CHISP includes additional information, resources, and examples specific to the areas of disability, inclusion, and universal design, to name a few.

View the CHISP: <http://www.nchpad.org/CHISP.pdf>

Additional inclusive community resources: <http://www.nchpad.org/iCHIP>

# INCLUSION IS... POLICY

## ***Community Health Inclusion Recommended Policies (CHIRP)***

Community health promotion programming is the creation of events, initiatives, activities, etc., whose purpose is to improve and or highlight health and health issues. The policies behind these programs have a tremendous effect on the health outcomes experienced by individual participants and the community as a whole. The purpose of the Community Health Inclusion Recommended Policies (CHIRP) is to provide health practitioners with a template for creating policy guidelines for health promotion programs that are inclusive of all potential program participants with disability.

The CHIRP guidelines were created by NCHPAD in collaboration with the Center on Disability at the Public Health Institute and an expert panel of local, state, and national partners in the disability, health policy, and academic sectors. They are a series of nine guidelines intended to be applied to new and existing health policies to ensure the inclusion of people with disabilities in all aspects of health promotion programming, from planning through evaluation. Additionally, an accompanying implementation manual has been created that highlights how and why to utilize each guideline, as well as examples of each in real-world settings, and appendices of resources to assist in the policy creation and amendment process.

View the CHIRP: <http://www.nchpad.org/fppics/Guidelines%20Implementations%20Manual.pdf>

Additional inclusive policy and program resources: <http://www.nchpad.org/iCHIP>

# INCLUSION IS... COMMUNICATION

## ***Community Health Inclusion Communication Scorecard (CHICS)***

With the ever-increasing and expanding number of media tools available, the ability to tailor, customize, and disseminate health messages to specific audiences is becoming increasingly feasible and has tremendous potential for improving the health of all individuals. However, certain health communication strategies and messages may overlook individuals with disability both in terms of the content portrayed and the manner in which they are broadcast. To ensure that all messages are inclusive of people with disability both in terms of their content and dissemination, NCHPAD has created the Community Health Inclusion Communication Scorecard (CHICS).

The CHICS is an interactive self-assessment tool that allows individuals and organizations to assess and better understand the levels of inclusion (or lack thereof) in their health communication messages and campaigns. The self-assessment results, as well as the simple act of filling out the assessment, can provide valuable insight into crafting and disseminating health communications that are inclusive in both scope and content. Additionally, based on the results of the survey, those who complete the assessment will be directed to a tailored set of health communication resources and technical assistance to help provide further information, insight, and guidance regarding inclusive health messages and campaigns.

Utilize the CHICS:

<http://www.nchpad.org/1275/6000/Inclusive-Health-Communication-Scorecard>

# INCLUSION IS... ASSESSMENT

## ***Community Health Inclusion Index (CHII)***

Built, programmatic, and social environments can serve to enhance or inhibit inclusion based on their design. Elements of these environments include everything from the physical layout and design to location within the community to staff knowledge and training. Organizations and communities should consistently evaluate the levels of inclusion of each of their environments to ensure all individuals can benefit from them.

The purpose of the Community Health Inclusion Index (CHII) is to provide individuals and organizations with a resource to evaluate the levels of inclusion of their communities and the individual environments that comprise them, which ultimately affect the health of all community members. The CHII consists of several modules that can be utilized to evaluate community-wide systems, such as transportation, as well as individual school, health, work, and organizational sites. It can be completed in hard copy or online, and the process of completing the assessment, as well as the results, can help communities and the entities that comprise them effectively direct efforts to promote, increase, and improve the inclusion of all members in all community environments.

Learn more about the CHII: <http://www.nchpad.org/CHII>

Additional assessment tools: <http://www.nchpad.org/1261/6287/Environment-Assessment-Tools>

# INCLUSION IS... TRAINING

## ***Community Health Inclusion Training and Technical Assistance (CHITTA)***

The National Center on Health, Physical Activity and Disability, is the nation's premier center in promoting the health and wellness of people with disability. We have resources and services which can benefit all ages and populations. NCHPAD offers a free information service on a wide variety of topics related to physical activity, fitness, recreation, sports, leisure, nutrition, disability and chronic health conditions. Our talented information specialists can help you locate the resources you need to be as physically active as you choose to be!

NCHPAD also works actively to create health equity for people with disability by promoting community health inclusion in all health promotion and public health initiatives. NCHPAD provides a variety of trainings to enhance skills, improve competency, and increase efficiency of a wide range of professionals in working with and for people with disabilities to improve health and wellness. Training topics include inclusive fitness, physical fitness assessment and testing, coalition building around community health inclusion, built environment accessibility, and disability awareness to name a few. Contact NCHPAD to request a virtual or in-person training or training resources.

### ***Contact and Connect with Us***



Website Live Chat: <http://www.nchpad.org>



Email: [email@nchpad.org](mailto:email@nchpad.org)



Phone: 1-800-900-8086



Facebook: <https://facebook.com/nchpad>



Twitter: <https://twitter.com/nchpad>



Instagram: <https://instagram.com/nchpad/>

# INCLUSION IS... CHANGE

For individuals with disabilities, there are many barriers faced when accessing health promotion programs in local communities. Inaccessible facilities, transportation, a lack of adapted programs and trained staff, for example, all contribute to the lack of inclusion of individuals with disabilities in health promotion programs. While specialized health promotion programs for certain disability groups can be quite valuable in the short-term, they are often difficult to sustain after the project ends and the resources are no longer available (e.g., staff, time, funds, transportation, expertise, space). Furthermore, specialized programming may isolate individuals with disabilities and prevent them from being an active part of their local communities and interacting with their neighbors and non-disabled peers. The GRAIDs were developed to address this gap and be the solution that can be used to improve inclusion. The GRAIDs project includes two parts: (1) The GRAIDs Adaptation Framework—a set of methods and criteria were created to adapt evidence-based health promotion programs for people with disabilities, and (2) 20 GRAIDs— a tool that is composed of 20 inclusive obesity prevention guidelines. The 20 GRAIDs consist of inclusive physical activity and nutrition guidelines.

The GRAIDs were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research. There is an accompanying manual, the iCAN-IMPLEMENT, that helps guide end-users on how to implement the GRAIDs in their local communities. Additionally, the obesity prevention GRAIDs can be accessed online. The online version has corresponding resources and links to further guide end-users how to implement the GRAIDs.

View the GRAIDS: [www.new.reduceobesity.org](http://www.new.reduceobesity.org)

NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY AND DISABILITY

# NCHPAD

nchpad.org



*Building Healthy Inclusive Communities*