

The National Center on Health, Physical Activity and Disability (NCHPAD)

NCHPAD is headquartered at the University of Alabama at Birmingham School of Health Professions. It is recognized as the nation's premier center dedicated to promoting health and wellness for all people through evidence-based programs, resources, campaigns, and strategic initiatives. Since its founding in 1999, NCHPAD has worked to increase access to inclusive health and wellness opportunities, particularly for individuals with mobility limitations, while supporting broader community and healthcare systems.



Who NCHPAD Supports

- Individuals with mobility limitations
- Healthcare professionals
- Families, communities, and organizations
- Educators, school administrators, and advocates
- Researchers
- Individuals and organizations committed to advancing inclusive health and wellness



Mission and Approach

NCHPAD's work focuses on expanding access to health promotion through evidence-based strategies, partnerships, and community engagement. Their efforts support individuals, organizations, and communities across their lifespan.

- **Empowering Individuals:** Providing resources and expert support to help individuals with mobility limitations engage in health-promoting activities
- **Championing Wellness:** Equipping communities with tools, education, and strategies to create inclusive and healthy environments
- **Building Healthy Communities:** Collaborating with healthcare systems, organizations, and communities to ensure programs, services, and spaces are accessible to all

Strategic Priorities

NCHPAD is committed to sustainable, scalable health promotion solutions through the following focus areas:

- 1. Health & Wellness Through Community Engagement:** Supporting communities through program development, partnerships, and enhanced health initiatives
- 2. Holistic Healthcare & Wellness Infrastructure:** Advancing systems that emphasize prevention, well-being, and nationwide screening and referral networks
- 3. Initiatives Providing Empowerment & Access:** Delivering self-managed health programs and increasing access to community-based opportunities
- 4. Partnerships & Professional Development:** Strengthening collaborations and expanding training for health professionals and organizations
- 5. Evidence-Based Sustainability:** Scaling proven health promotion programs across healthcare systems and communities
- 6. Resource Dissemination & Support:** Sharing accessible resources and providing expert technical assistance to professionals, organizations, and consumers

Partnership Network

NCHPAD collaborates with more than 60 national partners, including nonprofits, government agencies, healthcare organizations, businesses, schools, and community organizations to promote inclusive health and wellness initiatives.



NCHPADconnect

NCHPAD Connect is a free online platform for adults (18+) with mobility limitations. The platform provides access to expert-led programs, resources, and a supportive community focused on helping individuals achieve their health and wellness goals.

Programs Offered Through NCHPAD Connect

mentor

Mindfulness, Exercise and Nutrition to Optimize Resilience (MENTOR) is an eight-week holistic program addressing physical, mental, and emotional health through:

- Mindfulness: Enhancing awareness, focus, and long-term wellness strategies
- Exercise: Adapted fitness plans and accessible equipment
- Nutrition: Guidance and education from registered dietitians
- Resilience: Wellness domains that support mental, physical, and emotional well-being

NCHPADgrowth

Growing Resilience Out of Wellness and Thoughtful Habits (GROWTH) is a six-week interactive mental wellness program focused on building healthy habits, resilience, and emotional well-being through:

- Safe and supportive virtual group sessions
- Wellness tools and coping strategies
- Meaningful discussion and community connection
- Techniques that support long-term mental wellness

MovementtoMusic

Movement-to-Music (M2M) is a 12-week virtual exercise program designed for adults with mobility limitations that promotes physical activity and wellness through:

- Supportive and engaging virtual classes
- Adaptable exercise routines for varying ability levels
- Wellness tools such as wrist weights
- Guided movement led by experienced instructors

NCHPAD GLB-AIM

The NCHPAD Group Lifestyle Balance-Adapted for Impaired Mobility Diabetes Prevention Program (GLB-AIM) is a year-long lifestyle change program focused on reducing diabetes risk and improving overall wellness through:

- CDC-based diabetes prevention curriculum
- Structured Core, Transition, and Maintenance phases
- Education on nutrition, physical activity, and stress management
- Guidance and support from trained lifestyle coaches

NCHPAD **coffee club**

NCHPAD Coffee Club is a biweekly virtual gathering designed to encourage connection, conversation, and community engagement around health and wellness topics through:

- Interactive discussions and guest speakers
- Opportunities for social connection and peer support
- Wellness-focused education and resources
- An inclusive and welcoming virtual environment

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Contact Us



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