Welcome to the Webinar!

We will begin promptly at 2:00pm. If you have any technical issues, please use the Q&A box to send a message. You will not hear any sound until we begin at 2:00pm ET.
Including People with Disabilities in the MAPP Process

June 11th, 2019
Webinar Objectives

After completing this webinar, participants will be able to:

1. Define three major types of disability.
2. Describe how people with disabilities can be included in the six MAPP phases.
3. Describe three NACCHO and NCHPAD resources that can support local public health disability inclusion efforts.
NACCHOs Health and Disability Program

- Supported by the National Center on Birth Defects and Developmental Disabilities at the Centers for Disease Control and Prevention
- Promotes the inclusion and engagement of people with disabilities in all local health department activities including:
  - Planning;
  - Implementation; and
  - Evaluation of public health programs, products, and services.
Health and Disability Program Activities

- Fellowship Program
- Technical Assistance
- Health and Disability Workgroup
- Communication Activities
• As a National Center on Health Promotion for People with Disabilities funded through CDC-NCBDDD, 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.
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.

Community Health Inclusion Sustainability Planning Guide.
Retrieved from: [http://www.nchpad.org/CHISP.pdf](http://www.nchpad.org/CHISP.pdf)
World Health Organization's (WHO) Definition of Disability

A “disability” has the following three dimensions:

1) **Impairment** in a person’s body structure or function, or mental functioning, (e.g., loss of a limb, loss of vision or memory loss).

2) **Activity limitation**, such as difficulty seeing, hearing, walking, or problem solving.

3) **Participation restrictions**, such as working, engaging in social and recreational activities, and obtaining health care services.

Disability among adults 18 years of age or older (2017)

Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities, Division of Human Development and Disability. Disability and Health Data System (DHDS) Data URL: https://dhds.cdc.gov
Measure of Disability Status and Types

• **Hearing**: Are you deaf or do you have serious difficulty hearing?
• **Vision**: Are you blind or do you have serious difficulty seeing, even when wearing glasses?
• **Cognitive**: Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?
• **Mobility**: Do you have serious difficulty walking or climbing stairs?
• **Self-care**: Do you have difficulty dressing or bathing?
• **Independent living**: Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor’s office or shopping?

2017 Behavioral Risk Factor Surveillance System (BRFSS)
# Health Risks and Behaviors by Disability Status

<table>
<thead>
<tr>
<th>Health Risk/Behavior</th>
<th>People with Disabilities</th>
<th>People without Disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>39.5%</td>
<td>26.3%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>41.9%</td>
<td>25.9%</td>
</tr>
<tr>
<td>Smoke</td>
<td>27.8%</td>
<td>13.4%</td>
</tr>
<tr>
<td>Physically inactive</td>
<td>42.2%</td>
<td>24.3%</td>
</tr>
</tbody>
</table>

Source: 2017 Behavioral Risk Factor Surveillance System; CDC’s Disability and Health Data System URL: [https://dhds.cdc.gov](https://dhds.cdc.gov)
Participation over time in a community health assessment (CHA) and community health improvement plan (CHIP) within 5 years

Source: NACCHO 2016 National Profile of Local Health Departments
Mobilizing for Action through Planning and Partnerships (MAPP)
Mobilizing for Action through Planning and Partnerships (MAPP) Resource Guide for Disability Inclusion

"Inclusion is not a strategy to help people fit into the systems and structures which exist in our societies; it is about transforming those systems and structures to make it better for everyone. Inclusion is about creating a better world for everyone."

—Diane Richter, Past President, Inclusion International

The purpose of this resource guide is to provide guidance on how the MAPP process can be inclusive of people with disabilities. The goal is for health departments to have the tools and resources to actively engage people with disabilities and the agencies that serve them in the MAPP process, particularly for inclusion efforts to support community health assessments (CHAs) and development of community health improvement plans (CHIPs).

This guide was adapted using the GRAIDS (Guidelines, Recommendations, and Adaptation Including Disability) systematic approach. GRAIDS helps identify where adaptation is needed and provides recommendations for how best to adapt to make each area inclusive for people with disabilities. To learn more about the GRAIDS process, visit https://bit.ly/2SbYKDO and https://bit.ly/2ErpXST.
MAPP Phase One: Partnership Development

- Ensure representation of people with disabilities in MAPP process:
  - Community-based organizations that serve people with disabilities
  - People with disabilities and their caregivers/family members
- Convene meetings and public forums in facilities and areas that are accessible for people with disabilities.
- Use accessible communication for all meetings and events.
Inclusive Health Coalitions

• **Inclusive Health Coalitions (IHCs)** are diverse groups of community leaders and organizations focused on promoting disability inclusion in programs and services related to physical activity, nutrition, obesity prevention and health promotion.

For more information:

https://www.nchpad.org/1149/5665/Inclusive~Health~Coalition~Initiative
MAPP Phase Two: Visioning

• Vision statement should include people with disabilities and comply with laws related to disability and civil rights
  – ADA National Network: https://adata.org/

• Ensure visioning process is effectively communicated to people with disabilities.
MAPP Phase Three: MAPP Assessments

• Community Health Status Assessment
  – People with disabilities should be considered a distinct demographic group within communities.
    • Disability Counts: http://rtc.ruralinstitute.umt.edu/geography/

• Community Themes and Strengths Assessment
  – People with disabilities should be invited to express their views on the themes and strengths of their community.
    • Community meetings/focus groups
    • Key informant interviews
    • Surveys
Community Surveys

• Include partner organizations and people with disabilities to develop and provide feedback on the survey.
• Use plain language and an accessible reading level when developing survey questions.
• Community based organizations that serve people with disabilities can help pilot and distribute surveys among their clients.
Community Surveys

• Have alternate formats for the survey
  – Large print
  – Electronic version on an accessible website
  – in-person
  – Over the phone

Accessible Print Materials Resource:
15. Do any of the following apply to you? (Select all that apply.)

- I am deaf or have serious difficulty hearing.
- I am blind or have serious difficulty seeing, even when wearing glasses.
- Because of a physical, mental, or emotional condition, I have serious difficulty concentrating, remembering, or making decisions.
- I have serious difficulty walking or climbing stairs.
- I have difficulty dressing or bathing.
- Because of a physical, mental, or emotional condition, I have difficulty doing errands alone, such as visiting a doctor’s office or shopping.

Image of the standard disability questions in a community health assessment
Source: Clinton County Health Department, NY
Community Meetings

- Use accessible communication for all community meetings
  - Providing alternative formats of printed materials, such as large print or an electronic version
  - Sign language interpreting or live transcription services;
  - Alternative text descriptions for images.
Community Meetings

• Use people first language if, and only if, the disability is relevant to the conversation. For example, “person with Down syndrome” or “person with brain injury.”

• Convene meetings in locations that, at a minimum, comply with the ADA Accessibility Guidelines.

Resource: A Guide to Planning Accessible Meetings
Focus Groups

• Use a trained leader or facilitator.
• Include the agencies that serve people with disabilities and people with disabilities.
• Convene focus groups in locations that, at a minimum, comply with the Americans with Disability Act (ADA) Accessibility Guidelines.

Resource: Conducting Focus Groups:
Key Informant Interviews

• Let interviewees know there is no right or wrong answer.
• Find out if an interpreter is needed beforehand.
• Make sure to explain hard-to-understand concepts or less familiar terms.
• Take the time to listen. Some people may need additional time to process information and questions or may take a while to respond due to speech disabilities.
Key Informant Interviews

• Including a family member or caregiver in the interview can be helpful for clarification, but speak directly to the person with a disability, allowing them to talk first.

• Consider if there are any visuals needed to help describe or get a question or concept across.

• Plan ahead for interpreters or other needed communication accommodations.
MAPP Phase Four: Identify Strategic Issues

• What challenges do people with disabilities experience in your community?
• How can the local public health system improve these challenges?
• What policies related to the health of people with disabilities need to be addressed?
MAPP Phase Five: Formulate Goals & Strategies

Sample Strategic Issue, Goal and Strategy Highlighting Inclusion:

• Strategic Issue: How can the public health community support health promotion program participation for people with disabilities?

• Goal: Increase the number of inclusive physical activity programs in the community.

• Strategy: With the participation of people with disabilities and the agencies that serve them, identify existing physical activity programs in the community and how they can be adapted to be inclusive.
MAPP Phase Six: Action Cycle

- Identify common barriers to participation experienced by people with disabilities
- Barriers can come in many forms such as architectural, programmatic, attitudinal, communication, transportation
- Resource From the Centers for Disease Control and Prevention: [https://www.cdc.gov/ncbddd/disabilityandhealth/disability-barriers.html](https://www.cdc.gov/ncbddd/disabilityandhealth/disability-barriers.html)
Commit to Inclusion’s 9 Guidelines for Disability Inclusion

- Guidance for ensuring inclusion in programs and policies

- View the Guidelines and make your commitment at [www.committoinclusion.org](http://www.committoinclusion.org)

NCHPAD Resources

Planning, Sustainability and Assessment

Communication

COMMUNITY HEALTH INCLUSION INDEX (CHII)
ON SITE ASSESSMENT

Community Health Inclusion Sustainability Planning Guide

Push For Your Health

Inclusive Health Communication Guidelines

HOW I WALK
A Campaign to Rebrand Walking
10 Evidence-Based (Adapted) Programs
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
Additional Resources to Support Disability Inclusion
MAPP Resource Guide for Disability Inclusion

Resource Guide is available for download through NACCHO’s Publication webpage.

Health and Disability 101: Training for Health Department Employees

- NACCHO University Course
- Create free MyNACCHO account to access
- CE credits available in August

https://www.pathlms.com/naccho/courses/5037
Health and Disability Toolkit and NACCHO Fact Sheets

• Health and Disability Toolkit
  http://toolbox.naccho.org/pages/index.html

• NACCHO Health and Disability Fact Sheets
  https://www.naccho.org/programs/community-health/disability
Disability in Public Health Practice Competencies

- Developed by the Association of University Centers of Excellence in Developmental Disabilities (AUCD) the Centers for Disease Control and Prevention & other partners
- Outlines recent advances in knowledge and practice skills that public health professionals need to include people with disabilities in the core public health functions.

www.disabilityinpublichealth.org
Questions?

Sara Lyons, MPH
slyons@naccho.org