



AUGUST 6, 2024, PEER-TO-PEER SHARING WEBINAR

**Expanding AAEBI Partners to Reach
People with Disabilities**



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**
Promoting Health. Preventing Disease.



Agenda

- Welcome
- Current Landscape
- Facilitated Discussion
- State Sharing and Q&A
- Active People Healthy Nation Design Element
- Social Justice Framework - Engage Discussion
- Wrap Up



Webinar Objectives

1. Provide an overview of the current landscape around disability and health work
2. Engage participants in discussion around opportunities to expand partnerships to ensure arthritis self-management programs are inclusive of people of all abilities
3. Provide a platform for peer-to-peer learning and sharing



Housekeeping

Rename

Rename yourself to include state or organization

Use

Use the chat box for questions during the presentation or present questions via speaking during Q&A

Visit

Visit the Action on Arthritis website for recording, notes, and resources, and the Engage platform for continued conversation on this topic

NACDD Technical Assistance Opportunities - Arthritis

- Engage
 - Discussion platform
- Meetings and Webinars*
 - Monthly webinars, 1st Tuesday/month @2pm ET
 - Strategy 1 workgroup, 2nd Thursday/month @2pm ET
 - Strategy 2 workgroup, 1st Thursday/month @2pm ET

**Registration required*

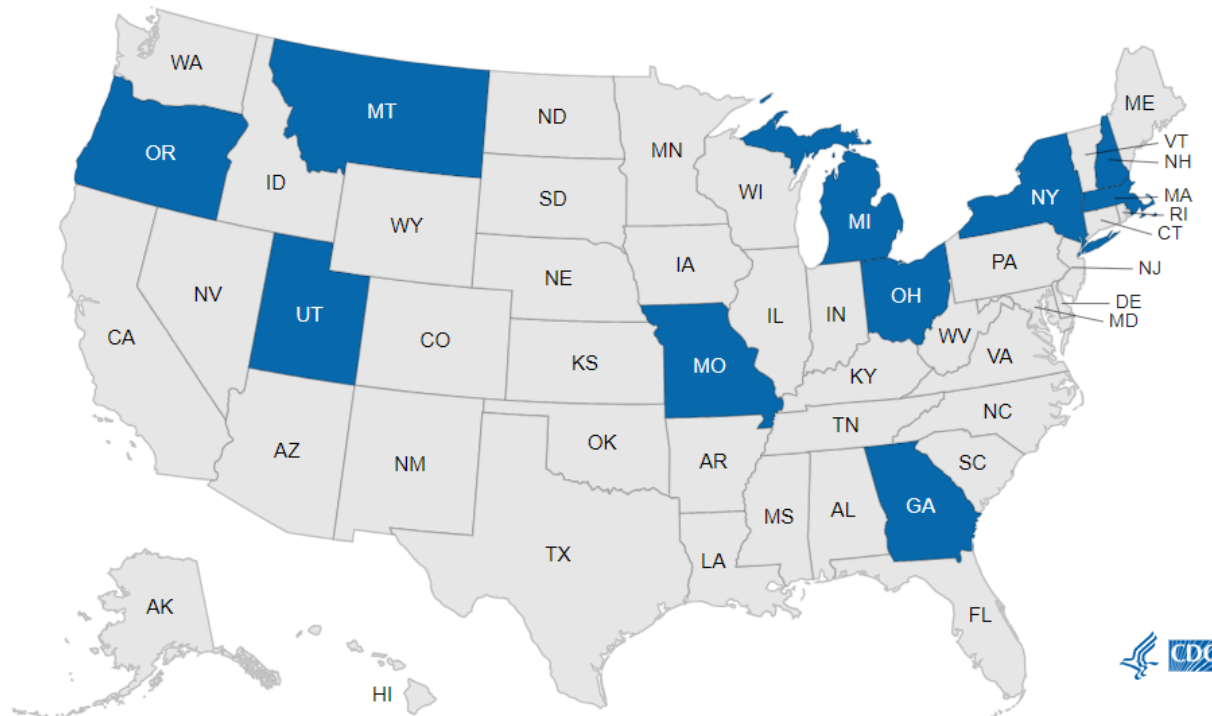




Current Landscape

CDC Disability and Health Promotion Awardees

State Based Program Awardees 2021-2026



- Georgia State University Foundation Inc.
- Massachusetts Department of Public Health
- **Michigan Department of Health and Human Services**
- The Curators of the University of Missouri on behalf of UM-Kansas City
- **Montana Department of Public Health and Human Services**
- University System of **New Hampshire**
- Health Research Inc./New York State
- Ohio State University
- **Oregon Health and Science University**
- **Utah Department of Health**

NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY AND DISABILITY

NCHPAD

www.nchpad.org



**Special
Olympics**



Past Efforts

Reaching People with Disabilities through Healthy Communities Project

1. Iowa Department of Public Health
 - Carroll County, Iowa and Sioux City, Iowa
2. University of Montana
 - Butte, Montana and Helena, Montana
3. New York State Department of Health, Health Research, Inc.
 - Cattaraugus County, New York and Syracuse, New York
4. The Ohio State University Nisonger Center
 - Adams County, Ohio and Marion County, Ohio
5. Oregon Health and Science University
 - Benton County, Oregon and Umatilla County, Oregon



Current Efforts

- NACDD National Disability Inclusion Network





Facilitated Discussion and Sharing



Active People, Healthy Nation

Design Element



Active People, Healthy Nation: Creating an Active America, Together!

Kaitlin Graff

Physical Activity and Health Branch

Division of Nutrition, Physical Activity, and Obesity

Centers for Disease Control and Prevention

NACDD Arthritis Peer Sharing Call – August 2024



Health and Community-wide Benefits

IMMEDIATE
A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

Sleep
Improves sleep quality

Less Anxiety
Reduces feelings of anxiety

Blood Pressure
Reduces blood pressure

LONG-TERM
Regular physical activity provides important health benefits for chronic disease prevention.

Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight
Reduces risk of weight gain

Bone Strength
Improves bone health

Balance and Coordination
Reduces risks of falls

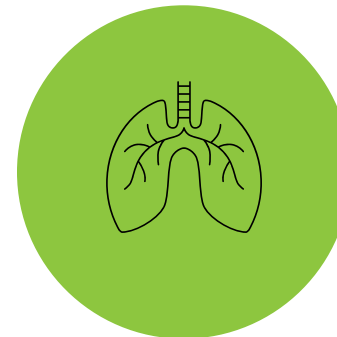
Emerging research suggests physical activity may also help boost immune function.
Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.



Safety



Social Cohesion



Air Quality



Thriving Local Economies



Too Few Americans Get the Recommended Amount of Physical Activity



1 in 4 adults and

1 in 6 high school students
meet the physical activity
guidelines for aerobic and
muscle-strengthening
activities





Active People, Healthy Nation

A national initiative led by CDC to help

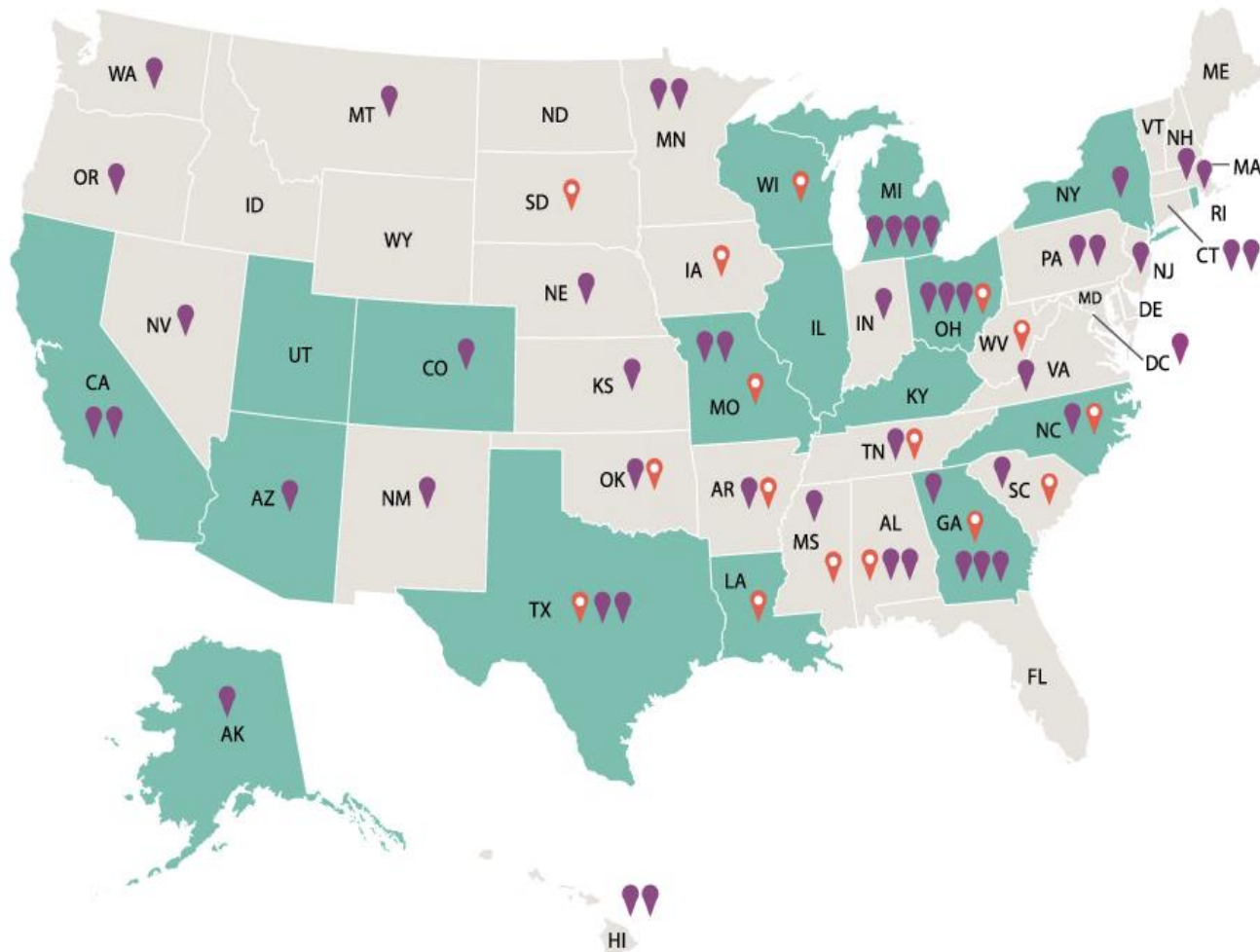
27 million Americans

become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce healthcare costs.





DNPAO's Funded Program Recipients (2023-2028)

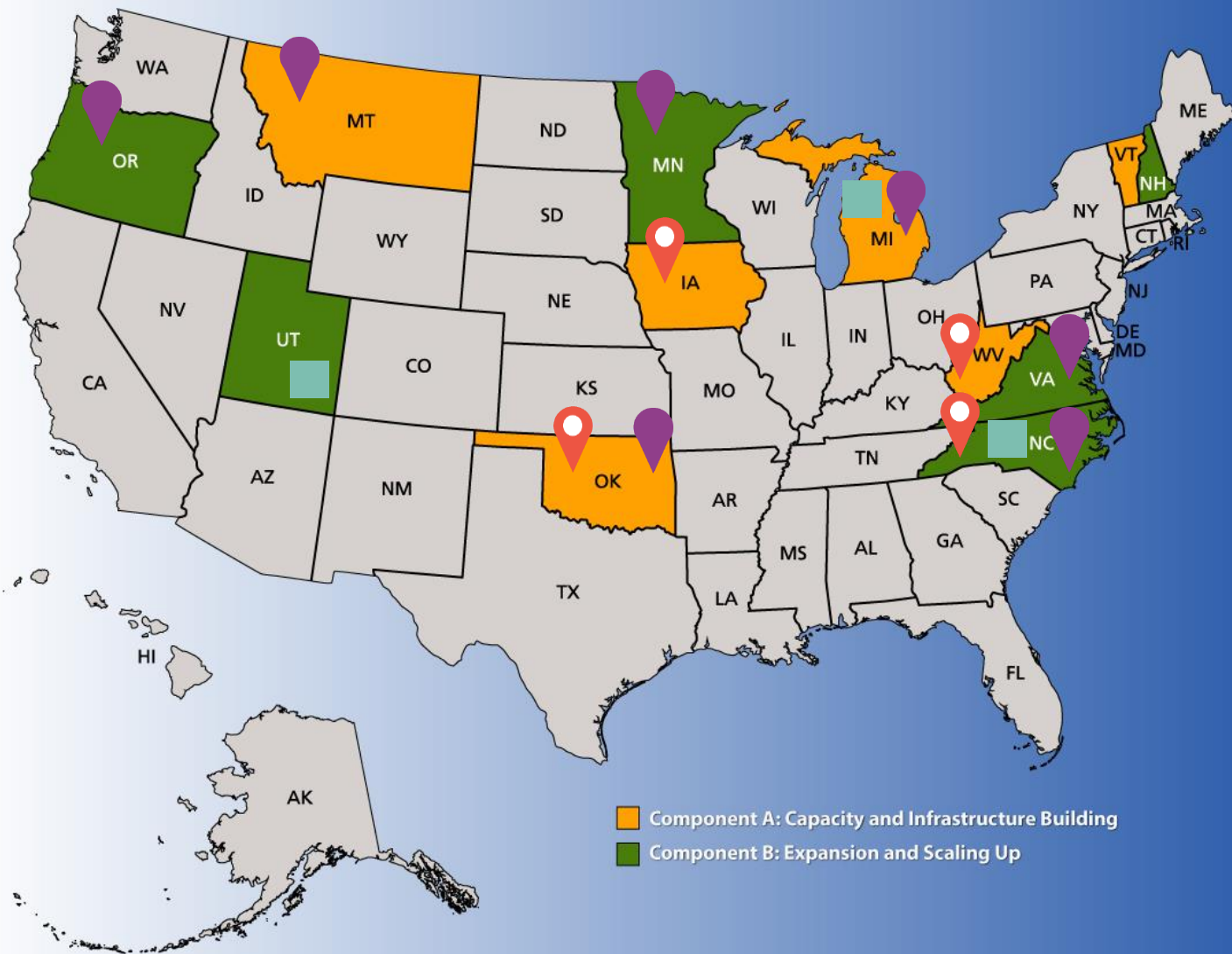





- State Physical Activity and Nutrition Program (SPAN)**
 - 17 state and local recipients
- High Obesity Program (HOP)**
 - 16 land grant universities
- Racial and Ethnic Approaches to Community Health (REACH) Program**
 - 50 organizations

<https://www.cdc.gov/dnpao-state-local-programs/php/about/>



DNPAO/Arthritis Funding Overlap



-  State Physical Activity and Nutrition Program (SPAN)
-  High Obesity Program (HOP)
-  Racial and Ethnic Approaches to Community Health (REACH) Program



Past Arthritis Design Element Adaptations





SPAN, HOP, and REACH Recipient Examples

New York State Dept of Health (SPAN)

South Dakota State University (HOP)

RAO Community Health (REACH)

Marion County Public Health Department (REACH)



We play as a family.
Get more active
and feel good.

ACTIVE PEOPLE, HEALTHY NEW YORK

www.health.gov/moveyourway



SDSU Extension Food & Families
October 19 at 6:30 AM

Active People, Healthy Nation will help 27 million Americans become more physically active by 2027.
Increased physical activity can help improve health, and quality of life, and reduce healthcare costs.
#ActivePeople #ActiveSouthDakota

07

RAO COMMUNITY HEALTH

HOME ABOUT US SERVICES EVENTS CONTACT US

ACTIVE PEOPLE, HEALTHY CHARLOTTESM

The Centers for Disease Control and Prevention (CDC) invites the general public, organizations, and leaders to join Active People, Healthy NationSM. This multi-sector initiative aims to help 27 million Americans become more active by 2027 through scientifically-credible strategies that work. The initiative is based on a foundation of inclusion and health equity where physical activity is a universal social norm regardless of age, race, income, socio-economic status, disability status, and geographic location. To find out more information about Active People, Healthy NationSM, [click here](#).

- More than 15% of adults in every state are inactive.
- In the majority of locations examined, non-Hispanic blacks and Hispanics had a significantly higher prevalence of inactivity than non-Hispanic whites.
- By region, the South had the highest prevalence of physical inactivity (28%), followed by the Northeast (25.6%), Midwest (25.0%), and the West (20.5%).
- In seven states and two territories (Alabama, Arkansas, Kentucky, Louisiana, Mississippi, Oklahoma, and Tennessee, Puerto Rico, and Guam), 30% or more of adults were physically inactive.

For map and data findings, [click here](#).

BENEFITS OF PHYSICAL ACTIVITY:

- Being physically active is one of the most important actions that people of all ages can take to improve their health.
- Increased physical activity can reduce the risk of more than 20 chronic diseases and conditions including heart disease, type 2 diabetes, obesity, some types of cancer, and depression.
- Some health benefits start immediately after activity, and even short episodes of physical activity are beneficial. Physical activity can boost your mood, sharpen your focus, reduce stress, and improve sleep.
- Regular physical activity can also help manage weight.

TO LEARN MORE ABOUT HOW YOU CAN BECOME PART OF THE ACTIVE PEOPLE, HEALTHY NATION MOVEMENTSM, [CLICK HERE](#).

PROMOTING PHYSICAL ACTIVITY
BY CONNECTING ACTIVITY-FRIENDLY
ROUTES TO EVERYDAY DESTINATIONS!

MARION COUNTY
PUBLIC HEALTH
DEPARTMENT
PROMOTE HEALTHY PEOPLE




Active People, Healthy Nation Resources

#ActivePeople News
The Active People, Healthy NationSM monthly newsletter
February 2023

Designing communities for increased physical activity can make it easier for people of all ages and abilities to walk, bicycle, or take public transportation to their everyday destinations. But these changes may increase property values, which can contribute to the risk of displacing people with lower incomes, including people from racial and ethnic minority groups.



[Newly published research](#) by authors from the Physical Activity Policy Research and Evaluation Network (PAPREN) and CDC explores this issue. The research offers 141 strategies to prevent or mitigate the risk.

 CDC DNPAAO @CDC_DNPAO
There are many fun ways and places that can help provide variety when being physically active. Check out these options: bit.ly/3PqHpKw #ActivePeople



Arts and Culture 	Employers 	Parks, Recreation, and Green Spaces 	Education
Nonprofit 	Government 	Health Care 	Land Use and Community Design
Mass Media 	Public Health 	Sports and Fitness 	Transportation

Equitable and Inclusive Access

[Print](#)



Equitable and inclusive access to safe places for physical activity is the foundation of all Active People, Healthy NationSM strategies. Every Active People, Healthy Nation strategy can be designed to support the goal of equitable and inclusive access to

On This Page

[Prioritizing Health Equity](#)

[Success Stories](#)

[Resources](#)



Moving Matters

Want to reduce your risk of type 2 diabetes?



→ Being physically active can help!

Get Tips Here
cdc.gov/MovingMatters



¿Quieres reducir tu riesgo de la diabetes tipo 2?



→ ¡Hacer actividad física te puede ayudar!

Obten consejos aquí
cdc.gov/movernos



Want to manage your weight?



→ Being physically active can help!

Get Tips Here
cdc.gov/MovingMatters



¿Quieres manejar tu peso?



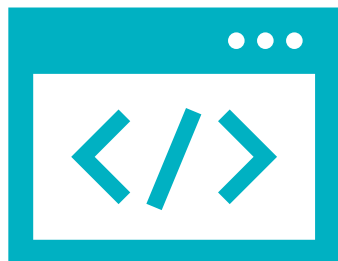
→ ¡Hacer actividad física te puede ayudar!

Obten consejos aquí
cdc.gov/movernos





What Can You Do?



Sign up



Spread the word



Stay Connected

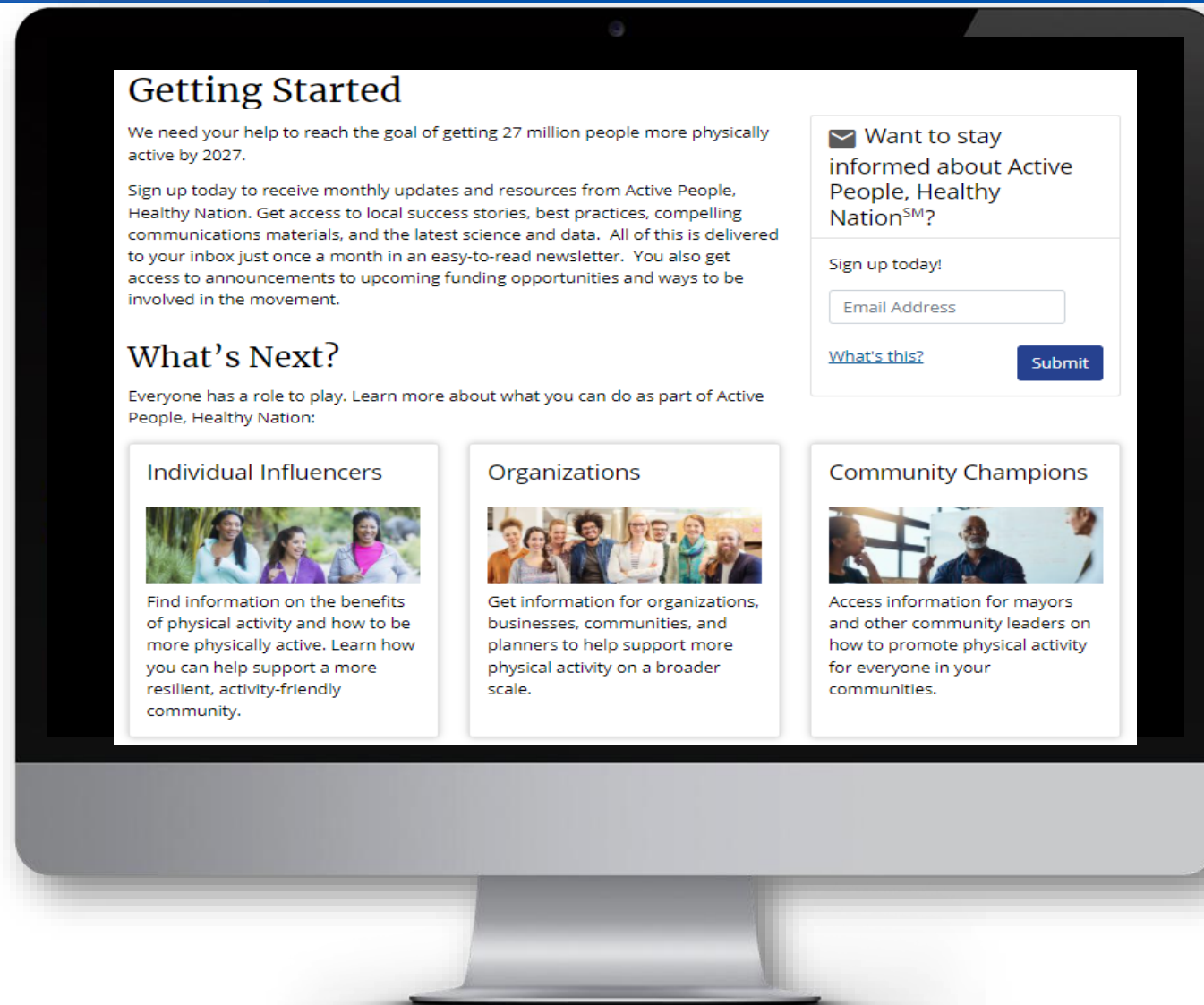


Sign Up for Active People, Healthy Nation Today!



SCAN ME

<https://www.cdc.gov/physicalactivity/activepeoplehealthynation/getting-started/index.html>



Let's Stay Connected!

Visit us online at:



cdc.gov/activepeople



@CDCEatWellBeActive
#ActivePeople



@CDC_DNPAO
#ActivePeople



ActivePeople@cdc.gov



Kaitlin Graff

Physical Activity and Health Branch
Centers for Disease Control and Prevention
mpy6@cdc.gov



Connect with me on
LinkedIn

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the U.S. Centers for Disease Control and Prevention.





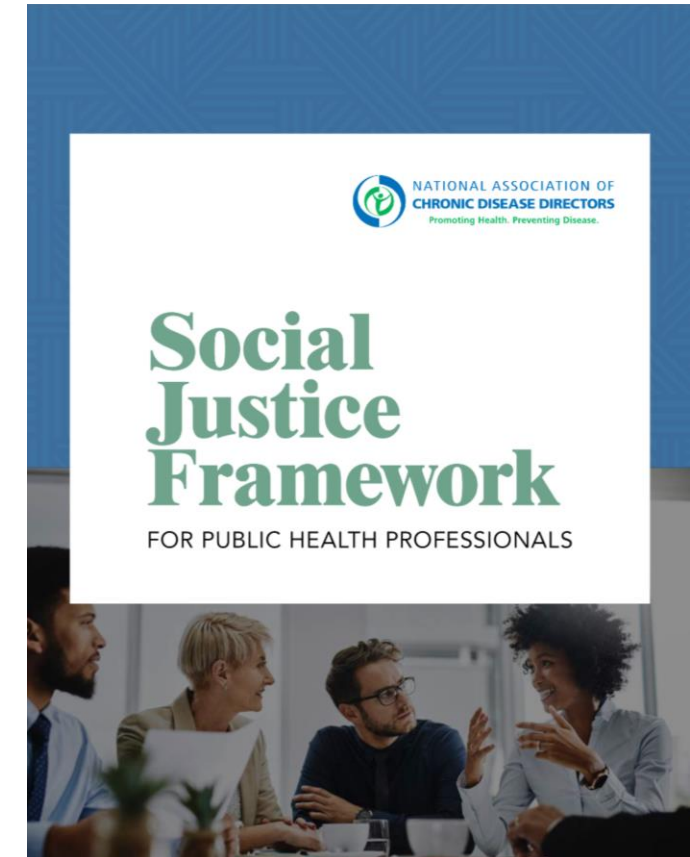
Social Justice Framework

Engage Platform Discussion



Applying a Social Justice Framework to Arthritis Management and Well-being

- Continue discussion from May 7th webinar
- Weekly discussion posts on NACDD Engage platform beginning August 12th, running through September 30th
- Focus on taking a social justice approach to addressing arthritis among historically marginalized communities using NACDDs Social Justice Framework
- Suggestions and interaction from the NACDD Center for Justice in Public Health
- Please plan to join the discussion online!





Wrap Up and Closing



Thank you!



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**
Promoting Health. Preventing Disease.