Evidence-Based Approaches to Preventing Chronic Disease

Complete Streets: Access for All

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Perceptions of Persons with Disabilities within Public Health

- Persons with disabilities are served by other agencies/organizations
- Disability ≠ Health
- Not regarded as a demographic group
- Who are we talking about?
Who are we talking about?

- Disability as defined by the Behavioral Risk Factor Surveillance System (BRFSS)
  - Limited in any way because of physical, mental, or emotional problems
  - Health conditions that require use of special equipment

24.3% of New Yorkers report having a disability
Prevalence of disability by age
2011 BRFSS

Percent

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18 to 44</td>
<td>14.7</td>
</tr>
<tr>
<td>Age 45 to 64</td>
<td>29.7</td>
</tr>
<tr>
<td>Age 65 to 74</td>
<td>32.2</td>
</tr>
<tr>
<td>Age 75 and over</td>
<td>47.8</td>
</tr>
</tbody>
</table>
## Prevalence of Chronic Conditions and Risk Factors
### 2011 NYS BRFSS

<table>
<thead>
<tr>
<th>Chronic Conditions</th>
<th>Adults w/Disability</th>
<th>Adults w/o Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>15.6%</td>
<td>7.6%</td>
</tr>
<tr>
<td>CVD</td>
<td>8.9%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Poor Mental Health</td>
<td>22.9%</td>
<td>7.4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Adults w/Disability</th>
<th>Adults w/o Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>34.9%</td>
<td>21.1%</td>
</tr>
<tr>
<td>Current Smoker</td>
<td>27.7%</td>
<td>15.6%</td>
</tr>
<tr>
<td>Meets PA Guidelines</td>
<td>16.5%</td>
<td>23.9%</td>
</tr>
</tbody>
</table>
What are we talking about when we say disability?

World Health Organization

*International Classification of Functioning, Disability and Health*

- Mainstreamed disability as a universal human experience
- Defined disability as a *Contextual* variable
- Identified *environmental facilitators* and noted Universal Design as most promising framework
Promise of Complete Streets for Person with Disabilities

- People with disabilities reap the same benefits – potentially more!
- Planning needs to completed, at a minimum through the lens of disability, at best with persons with disabilities
  - Crosswalks and crossing cues
  - Curb cuts are not flush w/ adjoining surface, and lack of opposing curb cut
  - Parking meters out of reach
  - And more
Complete Streets
Complete Streets: Connect to Accessible Transportation
Lack of Access to Transportation
Complete Streets: Accessible for All
What is universal design?

Universal Design is the design of all products and environments to be usable by people of all ages and abilities, to the greatest extent possible without modification.

- Ronald L. Mace
Universal Design

Accessible vs. Universal Design

- Accessible Design: for people with disabilities
- Universal Design: for everyone, including people with disabilities

7 Principles of Universal Design

1. Equitable Use
2. Flexibility in Use
3. Simple and Intuitive Use
4. Perceptible Information
5. Tolerance for Error
6. Low Physical Effort
7. Size and Space for Approach and Use
Examples of Universal Design
Our local experience

• ILCHV is a consumer run CBO that advocates for equal rights for people with disabilities;

• We were asked to serve on the Troy Complete Streets Implementation Committee with other agencies and organizations in Troy

• Results are an inclusive committee that incorporates equal access policies
Final recommendations

• Disability is a universal experience – in our lifetime we will experience a permanent or temporarily disability

• Planning must include bringing people with disabilities to the table

• Make the experience a positive one; use people first language, and ensure people with disabilities can fully participate by providing reasonable accommodations
Local Resources

• Your local independent living center at:  
  www.acces.nysed.gov/vr/lsn/ilc/locations

• New York State Department of Health, Disability 
  and Health Program, Theresa Paeglow at:  
  tnp01@health.ny.gov

• Barbara Devore at:  
  bdevore@ilchv.org
CRAK KILLS?
NO, CRACKS KILL.