Evidence-Based Approaches to Preventing Chronic Disease

Complete Streets: Access To Improve Health and Fitness

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Complete Streets: Access for All
People with Disabilities: America’s Largest Minority

- 1 in 5 Americans has a disability (Brault, 2008)
- This population is growing due to aging, war-related injuries, and better identification and treatments
- Public entities have a responsibility to ensure their buildings and programs are accessible (i.e. physically, programmatically, web, etc.)
- Private businesses must also ensure access to their offerings
- People with different disabilities have different needs to consider when designing facilities, implementing programs, and providing services

Northeast ADA, Employment & Disability Institute, Cornell University
How do we determine needs?

• For health monitoring purposes, we use the Behavioral Risk Factor Surveillance System (BRFSS)

• Limited in any way because of physical, mental, or emotional problems, and/or

• Health conditions that require use of special equipment

According to the 2011 BRFSS, 24.3% of New Yorkers report having a disability
<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Age 18 to 44</td>
<td>14.7</td>
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<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>
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</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>Cardio Vascular Disease</td>
<td>8.9%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Poor Mental Health</td>
<td>22.9%</td>
<td>7.4%</td>
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<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 Physical Activity Guidelines</td>
<td>16.5%</td>
<td>23.9%</td>
</tr>
</tbody>
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Disability as Diversity

- Shift from a medical to social model.
- Each person can achieve and maintain physical and mental health.
- Shift to inclusive communities: access to schools, employment, recreation, community health and fitness centers.
- Increased knowledge and understanding about the wide range of disabilities and accommodations.
Why Should We Care?

• Disability is a natural variation and common experience for all of us.
• In our lifetime, each of us will experience a permanent or temporarily disability.
• We cannot afford to ignore more than 20% of our citizens: they are our family members, colleagues, veterans, visitors to our cities, taxpayers, customers.
• Inclusive communities provide benefits to all.
• Travel and transportation pathways allow all people, with and without disabilities, to access all sectors of our community safely.
Promise of Complete Streets for People with Disabilities

- Promotes inclusion in our community.
- Creates “fitness zones”.
- Strengthens families.
- Improves the physical and mental health and well-being of residents with disabilities.
- Manages and reduces the incidence of secondary health conditions.
- Promotes quality of life across the lifespan.
- Promotes “smart growth” for communities.
In-Complete Streets
Lack of Access to Public Transportation
Complete Streets Connect to Accessible Transportation
Complete Streets: Accessible for All
Accessible, Adaptive, and Universal Design

• **Accessible Design:** Compliance with ADA Standards to increase access for people with disabilities.

• **Adaptive Design:** Responding by modifying conditions to meet the special needs of one or a few people on a limited or temporary basis.

• **Universal Design:** Designed to provide access to all people, with and without disabilities
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, 1941-1998, Founder, Center for Universal Design
7 Principles of Universal Design

1. Equitable.
2. Flexible. Design works for wide range of users.
3. Simple and Intuitive. Easy to Understand
4. Communicates necessary information to users.
5. Tolerance for errors. Minimizes risks.
6. Low Physical Effort
7. Appropriate Size and Space for Approach and Use
Examples of Universal Design
Outreach and Engagement of People with Disabilities as Partners

- Bring together all stakeholders to work together.
- Recruit, orientation of all partners to understand and represent the diverse needs of people with and without disabilities.
- Promote outcomes of improved health and wellness throughout the planning process.
- Recruit consultants with disabilities to help develop practical solutions and set priorities.
- Find positive models, lessons learned, and success stories!
Strategies for Effective Engagement

- Identify common goals and purpose.
- Education of all partners.
- Engage and include people with different disabilities.
- Use people first language.
- Provide reasonable accommodations for meetings and materials.
- Use universal design approaches to improve engagement and achieve positive results.
"I'm very optimistic. I think we are ten, maybe twenty years away from where we will not have to talk about this as something special. It takes a long time to change attitudes and practice."

Ron Mace, Founder of Center for Universal Design, in an interview for “Progressive Architecture”, written 1987
Partners and Resources

• Find your Local Independent Living Center:
  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

• Kathryn Cappella, NYS Disabilities Advocacy Association and Network, NYS DAAN and Partners in Health Education for People with Disabilities (PHEPD) kcappella@supportcenteronline.org

• Northeast ADA Center, Employment and Disability Institute, Cornell University, www.northeastada.org, Toll-Free: 800.949.4232 (NY, NJ, PR, USVI) northeastada@cornell.edu

• NYS Inclusive Recreation Resource Center, http://colfax.cortland.edu/nysirrc/index.html