Adapted Alabama Champions for Healthy Active Schools Pilot Project

Utilized: Adapted version of the Comprehensive School Physical Activity Program (CSPAP) – a national framework for increasing physical activity in schools (AL added healthy nutrition).

Purpose: Increase number of students with disabilities participating in physical activities and healthy nutrition in schools.

Implementation Process: Collaborated with Lakeshore Foundation/NCHPAD to initially recruit 3 public schools with 153 students with disabilities.

Outcomes (resources and tools):
   - Emerging Policy Improvements (3 schools)
   - Emerging Walking/Pushing Clubs (2 schools)

Reflections

Sustainability

This project was funded under CDC cooperative agreement CDC-RFA-DD16-1603: Improving the Health of People with Mobility Limitations and Intellectual Disabilities through State-based Public Health Programs. The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Discover Inclusive Afterschool Health Promotion – Pilot Project

Utilized: Adapted evidence-based afterschool physical activity and healthy nutrition curricula – Discover Inclusive Afterschool Health Promotion Guidebook.

Purpose: Increase number of students with disabilities participating in out of school time physical activities and healthy nutrition programs.

Implementation process: Collaborated with Lakeshore Foundation/NCHPAD to initially recruit 4 afterschool programs.

Outcomes (resources and tools): Impacted by the Pandemic

Emerging system changes (Required Disability Inclusion Training)

Reflections

Sustainability

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Collaborative Resources:

School Wellness

Discover Inclusive School Wellness; Action Guide and Toolkit; and Model School Wellness Policies.

https://www.nchpad.org/1745/6891/Discover~Inclusive~School~Wellness~Toolkit
https://www.cdc.gov/healthyschools/physicalactivity/inclusion_pepa.htm

Inclusive Afterschool Resources & Tools

- Adapting the Afterschool Program Environment (Video)
- Adapting Afterschool Equipment (Video)

Adapted Physical Education

Alabama Course of Study: Physical Education

AL Adapted Physical Education Best Practices Quick Reference Guide

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ADDITIONAL RESOURCES (developed in partnership with Lakeshore Foundation/NCHPAD):

E-Learning On-Demand Opportunities
ADPH partner training page

Trainings available:
- Inclusive Physical Education for Educators
- Discover Inclusive School Wellness
- Inclusive Afterschool Physical Activity
- Inclusive Worksite Wellness

Worksite Wellness Toolkit

Resources will be posted on ADPH DHP webpage:
Including:
- NPA Public Awareness Campaign
- Disability Inclusion Action Guide for Health Promotion Programs

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Thank You

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