

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



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



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

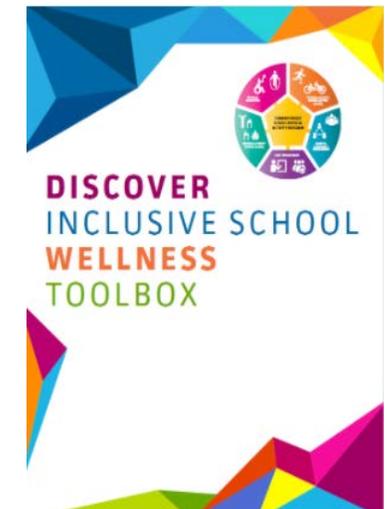
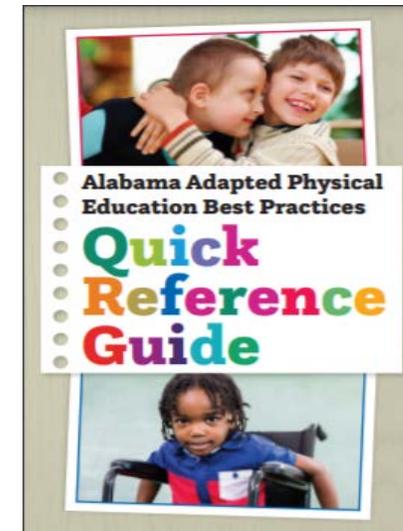
Inclusive Afterschool Resources & Tools

- <https://www.nchpad.org/fppics/Discover%20Inclusive%20Afterschool%20Health%20Promotion%20Guide.pdf>
- [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](#)



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:

<https://www.alabamapublichealth.gov/disability/index.html>

Including:

- NPA Public Awareness Campaign
- Disability Inclusion Action Guide for Health Promotion Programs



Thank You

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