

# BUILDING INCLUSIVE COALITIONS



## WHAT IS AN INCLUSIVE COALITION?

An inclusive health coalition is a diverse group of community leaders, organizations, and citizens focused on promoting disability inclusion in programs and services related to physical activity, nutrition, and obesity.

The purpose of the inclusive coalition is to remove barriers that prevent people with disabilities from achieving the same health transformation opportunities available to community members without disabilities through the creation and modification of community health programs, policies, systems, and environments. Examples include, ensuring there is adapted equipment available at an exercise class and having printed materials available electronically and in large print.

This tip sheet is one of a series of six that has been created to help local public health agencies and community coalitions remove barriers that prevent people with disabilities from achieving the same health and wellness opportunities as people without disabilities.

# Coalition Members

- Public Health
- Metropolitan Planning Organizations
- Parks & Recreation
- People with disabilities
- Disability service organizations
- Aging services
- Disability Resource Center
- Special Olympics



## CREATING AN INCLUSIVE COALITION

Creating an inclusive coalition is relatively simple, it may just take some time. Here are some steps to get you started.

1. Invite the right people to become a member and consider having them sign a letter of commitment.
2. Identify a lead community coach or committee chair person.
3. Create a mission statement for your coalition.
4. Establish meeting structure such as meeting frequency and location, ensuring the location is accessible.
5. Collect data for your community through surveys, Community Health Inclusion Index On-Site Assessments, and inclusive walk audits and then assess that data.
6. Develop an action plan that includes goals and objectives focused on inclusion, estimated reach, timelines, key benchmarks, and evaluation measures. Be sure to include some quick wins.
7. Expect challenges. When one arises, problem solve and create a solution as quickly as possible.



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