

Pathways to Prevention (P2P)

The National Institutes of Health (NIH) is sponsoring the [Pathways to Prevention Workshop: Can Physical Activity Improve the Health of Wheelchair Users?](#) on **December 1–3, 2020**. This virtual workshop is free and open to the public.

The 2010 census estimated that 3.6 million Americans use a wheeled mobility device, such as a manual wheelchair, motorized wheelchair, or scooter. Individuals who use wheeled mobility devices often experience poorer health outcomes compared to the general population, and may encounter barriers to accessing preventive health care and getting sufficient physical activity.

Physical activity is likely to have wide-ranging impacts on the overall health of people who use wheeled mobility devices and may improve their workforce participation, independence, and quality of life. However, gaps exist in the literature on what types and amounts of exercise are safe and effective.

This workshop will assess the available scientific evidence through a systematic evidence review, invite speakers to present their research, and engage with a community of wheeled mobility device users to better understand the potential benefits of physical activity interventions for people at risk of using, or currently using, wheeled mobility devices as a result of a disabling injury or illness. Attendees will have opportunities to submit questions and comments during discussion periods. After weighing the evidence, an independent panel will prepare a report that summarizes the workshop and identifies future research priorities.

Learn more or register for the workshop at prevention.nih.gov/P2P-PAforWheelchairUsers.