



Table of Contents

NCPAD NEWS: June 2008

Volume 7, Issue 6

A monthly publication of NCPAD - the NATIONAL CENTER on PHYSICAL ACTIVITY and DISABILITY www.ncpad.org.

Not a subscriber? Sign Up

To sign up for this free monthly electronic newsletter, send an e-mail to listserv@listserv.uic.edu with this message in the body of the e-mail:

SUBSCRIBE NCPAD-NEWS yourfirstname yourlastname

THIS MONTH'S TOPICS

- [From the Editor's Desk: Where's the Remote?!](#)
- [Director's Column: A Great Day at the Oscar\(s\)](#)
- [From the Information Specialist's Desk: Breaking Barriers](#)
- [Secondary Conditions: Developing a Community-Based Exercise Program As a Way to Prevent Secondary Conditions in People with Down Syndrome](#)
- [F.I.T.T.: It Takes Teamwork and Technology!](#)
- [Nutrition Spotlight: The Calcium/Vitamin D Connection](#)
- [Video Review: Fitness 1-2-3™ DVD Series: Pull Movement Muscular Training](#)
- [Book Review: Kids on Wheels](#)
- [Emerging Evidence in Health and Disability: Barriers to Exercise and Community Access in Stroke](#)
- [NUDGE: ErgChatter](#)
- [Events and Conferences](#)
- [Employment](#)
- [Grants](#)
- [Participation in Research](#)

From the Editor's Desk: Where's the Remote?!

Did you know that the remote control was introduced on June 29, 1964? It is hard to remember a day when I had to get up off the couch to change the channel, sad but true. I suppose that tossing the remote could be a small step toward increasing activity levels, but read ahead in this month's newsletter for some very inspiring stories of people who go above and beyond such methods. This month's Director's, Secondary Conditions and FITT columns all highlight inspiring stories of people who have made drastic changes, both in their own lives and in the world of disability. As for that old remote, there is now remote control technology in the gaming world that can actually *increase* your activity level. See this month's FITT column to learn about ways in which technology can help you to be as active as you choose to be!

Send your questions and comments to Blythe Hiss, NCPAD News Editor, at sbonne2@uic.edu.

Director's Column: A Great Day at the Oscar(s)

So life can be fair after all. After the International Association of Athletics Federations (IAAF) ruled against Oscar Pistorius's participation in the Olympic trials because his prosthetic limbs – referred to as Cheetahs – supposedly gave him an advantage, a higher court overruled the IAAF, claiming that Pistorius has no advantage over non-disabled athletes and in fact may be at a disadvantage taking turns, getting out of the blocks, and running on a wet track. Even George Vecsey, the highly respected sports writer for the *New York Times*, agreed it was the right decision and softened his opinion that Pistorius had an unfair advantage: "While I still have my doubts about the implications of these springy lower limbs – both in magnifying speed and affecting other runners – I find myself applauding the narrow one-case judgment of the court."

The IAAF based its decision on studies that were conducted in a German lab by Dr. Bruggemann, who concluded that the Cheetahs were energy-efficient. Pro bono attorneys for Mr. Pistorius had their own independent tests performed by a team of researchers at MIT, who concluded that the South African runner did not gain any advantage over non-disabled runners. The unanimous ruling by the Court of Arbitration for Sport (CAS) sent shockwaves through the international world of track and field, notably diminishing the IAAF ruling and making it clear that discrimination had no place in sports.

Read the entire column at http://www.ncpad.org/director/fact_sheet.php?sheet=622.

From the Information Specialist's Desk: Breaking Barriers

ACSM/NCPAD Certified Inclusive Fitness Trainer (CIFT) now offered!

The American College of Sports Medicine (ACSM) is leading the way with NCPAD to offer a specialty certification for fitness professionals to work with individuals with disabilities. With 50 million people in the U.S. (approximately 20% of the population) reporting some type of disability, ACSM professionals have the potential to make a significant contribution by earning this specialty certification, which will enable them to safely and effectively work with people with disabilities.

Minimum Requirements:

An ACSM or NCCA-Accredited Certification **AND** CPR and AED Certification

Certification Pricing:

ACSM Certified Professional Price: \$150. E-mail certification@acsm.org for your discounted voucher. Individuals who are not ACSM-certified will pay \$195.

To register, go to www.pearsonvue.com/acsm/cift. For questions or more information, go to <http://www.acsm.org/Content/NavigationMenu/Certification/ACSMCertifications/Certification.htm> or email certification@acsm.org.

Fitness and healthcare professionals will also benefit from reading a journal article that is just been published in the *Journal of Rehabilitation Research & Development* and is co-authored by NCPAD's director. For a summary of this article, go to the Emerging Evidence in Health and Disability section. The research looked at barriers to exercise and community fitness for people with disabilities. Fitness professionals can benefit themselves and their community by learning about common perceived barriers and helping to break them down.

Monthly Observances:

National Aphasia Awareness Month

For more information, contact the National Aphasia Association at (800) 922-4622 or (212) 267-2814 or naa@aphasia.org, or go to www.aphasia.org.

National Cancer Survivors Day, June 1

For more information, contact the National Cancer Survivors Day Foundation (615) 794-3006
info@ncsdf.org
www.ncsdf.org

For NCPAD resources on cancer and exercise, access the following publications:

- Factsheet on Cancer at http://www.ncpad.org/disability/fact_sheet.php?sheet=38
 - Factsheet on Cancer and Exercise at http://www.ncpad.org/disability/fact_sheet.php?sheet=195.
-

National Trails Day, June 7, 2008

For more information, contact the American Hiking Society or go to www.americanhiking.org/events/ntd/.

For NCPAD resources on hiking for individuals with disabilities, access the following:

- Factsheet on Camping, Backpacking and Hiking at http://www.ncpad.org/fun/fact_sheet.php?sheet=75
 - Search for local parks by accessible features (i.e. trails) at http://www.ncpad.org/parks/index_general.php.
-

National Zoo Month

For NCPAD resources on accessible zoo visits, access the following publications:

- A Day at the Zoo at http://www.ncpad.org/fun/fact_sheet.php?sheet=51
- Benefits of a Zoo Visit at http://www.ncpad.org/fun/fact_sheet.php?sheet=76.

Secondary Conditions: Developing a Community-Based Exercise Program As a Way to Prevent Secondary Conditions in People with Down Syndrome

Deconditioning is a common secondary condition for people with Down syndrome, and physical activity can provide many health benefits that include increased cardiovascular endurance and muscular strengthening (see NCPAD fact sheet on Down Syndrome and Exercise at http://www.ncpad.org/disability/fact_sheet.php?sheet=139) *Note: As with any exercise program, you should consult your physician before exercising.

This month's column focuses on a community-based exercise program developed by Mia Peterson, a 34-

year-old Iowa woman with Down Syndrome. Mia developed her program in conjunction with her local YMCA where she has been exercising for over a year. Mia takes the city bus to the YMCA, where she exercises daily. She has experienced health benefits that include a 20-pound weight loss and increased stamina, which allows her to participate in more physically demanding activities throughout the day.

To read the entire column, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=624.

F.I.T.T.: It Takes Teamwork and Technology!

Technology and physical activity are sometimes unlikely partners. As technology advances, daily life often requires less movement. Wii Fit by Nintendo was released in May in the U.S. and soon sold out, with over 500,000 copies flying off the shelves. The game has about 40 different options that utilize a Wii Balance Board or Wii Remote and include activities such as yoga poses, push-ups, and other exercises.

Nintendo may be able to spark interest in the plain old push-up, but what could a few Cal Poly students, an enthusiastic professor, a test pilot named Bryan Gingg and funding from the Christopher and Dana Reeve Paralysis Foundation do in the Back Bay area of Morro Bay? To find out more about the use of technology and teamwork, read this month's F.I.T.T. column at http://www.ncpad.org/fitt/fact_sheet.php?sheet=626.

Nutrition Spotlight: The Calcium/Vitamin D Connection

Most of us have heard of the "5-a-Day" campaign, which encourages Americans to consume at least 5 servings of fruits and vegetables per day. But, have you heard of "3-a-Day?" You're not alone; many people have not.

"3-a-Day" is a campaign initiated to encourage consumption of dairy foods, which are rich in calcium and vitamin D. Research has shown that most Americans do not get enough of these key nutrients in their diets. With June being designated as National Dairy Month, it is a good time to remember why we need adequate amounts of calcium and vitamin D.

For the full column, go to http://www.ncpad.org/nutrition/fact_sheet.php?sheet=623.

Video Review: Fitness 1-2-3 DVD Series: Pull Movement Muscular Training

Created by:

Sarah Massie-Johnson and led by fitness instructor Jennifer Howes

Reviewed by: Neil Cummins

Chris Johnson and his wife Sarah, creators of Fitness 1-2-3™, have recently developed a 6-part video series aligned with the National Standards for Physical Fitness, the California Adaptive Physical Education Standards, and the Special Education Administrators of County Offices in California. These fun, interactive workouts for the home or classroom combine aerobics and strength training and are designed to be used in combination to improve core stability, balance, cardiovascular endurance, and muscular strength. The series includes the following videos as well as a demonstration DVD and instruction manual:

- *Low/Limited Mobility Muscular Training
 - Reviewed March 2008
- *Pull Movement/Muscular Training
 - Currently reviewed (June 2008)

- Push Movement/Muscular Training
- Balance/Core Training
- Early Childhood Physical Activity
- Fit-4-Testing

This month, we review the Pull Movement/Muscular Training video and provide some clips from it. Stay tuned in upcoming newsletters for reviews of other videos in this series.

This DVD focuses on pull movement muscular training in 3-minute aerobic intervals and 4 1-minute muscular training stations with easy-to-use adjustable resistance tubing. The pull movements in the muscular training are hamstring curl, backrow, latissimus pull, and bicep curl. The exercises are performed by Jennifer Howes, fitness instructor, along with two other male participants who illustrate the exercise routines incorporating four cardiovascular exercises, strengthening exercises, and a cool-down. You may select "play all" or go straight to the specific section you desire.

To view this video enabled factsheet, go to http://www.ncpad.org/videos/fact_sheet.php?sheet=627.

Book Review: Kids on Wheels

Kids on Wheels (2004)

Volume I: A Young Person's Guide to Wheelchair Lifestyle

Volume II: A Guide to Wheelchair Lifestyle for Parents, Teachers and Professionals

Leonard Media Group

Horsham, PA

ISBN: 0-9712842-3-7

Book details: Paperback format; 150 pages

Kids on Wheels is a two-volume book geared towards children and parents of children who use wheelchairs as their means for everyday mobility. *Volume I: A Young Person's Guide to Wheelchair Lifestyle* aims towards grade-school children, helping them build self-esteem and learn about the opportunities available to them. This book is written from the point of view that independence is the most important goal you can have.

Full of real-life stories of children who have succeeded at filling their lives with fun events and activities, this book provides information about different **adaptive sports and recreation activities**, fun and games, animal therapy, participating in the arts, movies and books, returning to school after an injury, self-esteem, peer advice on friendship, family issues, and much more.

Volume II: A Guide to Wheelchair Lifestyle for Parents, Teachers and Professionals helps adults balance vulnerabilities while empowering the children in their lives who may have a disability. Topics include tips from other families, helping children build self-esteem, support resources, health information, insurance issues, personal assistant services, education, legal issues, transportation, travel, technology, products, clothing, and more. Both of these volumes are full of great resources and are illustrated with very positive images, giving children who use wheelchairs, and the adults that take care of them, useful tools for success.

For more information or to order a copy, contact (888) 850-0344, ext. 209, or go to www.kidsonwheels.us.

Emerging Evidence in Health and Disability: Barriers to Exercise and Community Access in Stroke

Rimmer, J. H., Wang, E., & Smith, D. (2008). Barriers associated with exercise and community access for individuals with stroke. *Journal of Rehabilitation Research & Development*, 45(2), 315-322.

Abstract written by Neil Cummins

The purpose of this study was to determine why increasing participation in physical activity among people with stroke seems to be challenging for healthcare professionals. Eighty-three adults ranging from ages 30 to 70 years (mean = 54.2 years) with unilateral stroke participated in the study. The Barriers to Physical Activity and Disability Survey (B-PADS) was used to collect data (via telephone) on the types of barriers (personal/environmental/facility) that individuals with disabilities experience related to exercise participation. The five most common barriers were: (1) cost (61%), (2) lack of awareness of a local center (57%), (3) transportation (57%), (4) no knowledge of how to exercise (46%), and (5) no knowledge of where to exercise (44%). The least common barriers were (1) lack of interest (16%), (2) lack of time (11%), and (3) concern about worsening their condition (1%). Most participants were interested in starting the exercise program, and felt the program would improve their condition. Nearly 80% of the participants were encouraged by their physicians to exercise though physicians seemingly preferred certain post-stroke rehabilitation exercise rather than general exercise in fitness centers. This information is useful in providing insight in helping individuals with stroke and/or their caregivers overcome barriers to exercise. It is of paramount importance that healthcare professionals systematically identify and remove barriers to exercise when referring patients with stroke from rehabilitation to community-based exercise in order to increase participation.

To read the full abstract, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=625.

NUDGE: ErgChatter

Last month in our Community Voice, we highlighted the Chicago Indoor Rowing Championships Adaptive Initiative (http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=620). Within that feature, Concept2 was listed as providing this initiative with various pieces of modified equipment for indoor rowing for people with disabilities. In addition, Concept2 also provides ErgChatter, a free software tool designed for rowers with visual impairments. ErgChatter gives a voice to the performance monitor (PM3/PM4) of indoor rowing machines and announces your performance data at regular intervals during your rowing session. The most recent version also features pre-programmed workouts, support for interval workouts, support for heart-rate monitors, Windows Vista support, and more. This software is installed on your computer, which is then connected to your PM3/PM4.

Concept2 is a privately owned company in Morrisville, VT, that manufactures the Concept2 Indoor Rower and Dreissigacker Oars. For more information, contact Concept2 at rowing@concept2.com or (877) 887-7805 or go to <http://www.concept2.com/us/service/software/thirdparty/ergchatter/default.asp>.

Events and Conferences

Below is a select listing of upcoming events and conferences. For a complete listing, go to the NCPAD calendar at <http://www.ncpad.org/events/index.php>.

Opening Doors: State of the Science Conference, November 10–11, 2008, Bethesda, MD

Abstract submission deadline: June 30, 2008

Registration will open September 1, 2008 for this conference on accessing services for children and youth with disabilities and special health care needs from traditionally underserved communities

The Opening Doors conference will feature panel presentations related to the following topics: early screening and/or identification of disabilities and special health care needs; community-based inclusive recreation for children with disabilities and special health care needs; and educational transition for older youth and young adults with disabilities and special health care needs.

For more information, go to www.openingdoorsforyouth.org/sos/abstract.php or contact Berenise Reyes-Albino at berenise.albino@umb.edu or (617) 287-4314.

Classifying Disability & Sports Technology Conference, November 20-22, Singapore

Abstracts due: July 15, 2008

Classifying Disability & Sports Technology Conference (CDSTC) aims to bring leading professionals together to address sports issues at all levels to ensure that the sports field is a strong, sustainable, and progressive industry in the 21st century. CDSTC 2008 will deliver relevant information, ideas, and strategies to assist organizations to expand their reach and develop their capabilities and deliverables of sports in Asia.

For more information, go to http://www.dcrc-asia.org/sg/index.php?option=com_eventlist&view=details&id=6:classified-disability-a-sports-technology-conference-2008&Itemid=58 or contact Nino Susanto at nino.susanto@dcrc-asia.org or (65) 6342 3562.

2008 AUCD Annual Meeting & Conference, November 8-12, Washington, DC

Proposals Due: June 20, 2008

This year is a combination of tradition, change, and forward movement; thus the theme of paving the way and building pathways. Whether you have been creating a new path, expanding an existing road, or creating a superhighway by taking interventions to full-scale, you are invited to participate in this year's Annual Meeting by sharing your expertise.

For more information, contact Danielle Onunkwo at (301) 588-8252 or Donunkwo@aucd.org or go to www.aucd.org.

Breast Cancer 3-Day Event, August 8-10, 2008, Chicago, IL

RECRUITING TEAM MEMBERS OF ALL PHYSICAL ABILITIES!

For more information about the 3-Day Walk/Wheel Event, go to www.The3Day.org or call (800) 996-3DAY. For more information about participating on the All Abilities Team, call (800) 900-8086 or (312) 355-1584 or email rauworth@uic.edu.

Wheelchair Hockey League of Michigan

The purpose of this league is to provide an appropriate means for persons in wheelchairs to have the opportunity to play competitive floor hockey and have the chance to engage in the competition and excitement of the sport. The league includes players in manual and electric wheelchairs and currently has 36

players divided into four teams.

If you have questions, or want to view an online video, please go to www.thewchl.com or contact Chris Lemieux at clemieux@live.com.

Employment

**Please see the online links listed for each position and/or go to NCPAD "Jobs" at <http://www.ncpad.org/employment/> for further descriptions of these job listings and others.*

Manager of Fitness Services, Rehabilitation Institute of Chicago (RIC), IL

RIC is seeking someone to manage, organize, and direct the operations and activities of its Fitness Center.

Website: <http://www.ric.org/jobs/details.aspx?JobID=376>

Applications: ggoodsonal@ric.org

Inquiries: Human Resources, (312) 238-6290; TDD (312) 238-4677

Adaptive Recreation Specialist, City of Topeka Parks and Recreation Department

Seeking a creative, motivated, and detail-oriented candidate to work in this community recreation setting with programs designed for individuals with developmental, physical, and/or behavioral disabilities.

Website: http://www.topeka.org/city/comm_view.php?pr=2353

Inquiries: Jabeth M. Coachman, CTRS, (785) 228-6025, jcoachman@topeka.org

Paralympic Military Coordinator, United States Olympic Committee (Job No: USP022908-K)

This position will provide operational support for the development and implementation of Paralympic programs and services to facilitate the rehabilitation of severely injured service members and reintegration of those service members into their communities.

Applications: United States Olympic Committee, Human Resources, One Olympic Plaza, Colorado Springs, CO 80909-5760, Fax: (719) 632-2884, hmailbox@usoc.org

Inquiries: hmailbox@usoc.org (Please refer to job code 7737.)

Administrative Assistant and Equestrian Program Instructor, National Ability Center, Park City, UT

This non-profit organization is offering the opportunity to touch the lives of individuals with disabilities and their families by providing affordable outdoor sports and recreational experiences in a nurturing environment.

Website: http://www.discovernac.org/job_openings.html

Applications: patresume@mrslc.com

Inquiries: Pete Taylor, (800) 622-2085, x327

Protocol Manager, Rehabilitation Medicine Department (RMD), Mark O. Hatfield Clinical Research Center, National Institutes of Health

The RMD seeks a protocol manager with an educational background in public health, epidemiology, health sciences, health policy, medicine, sociology, or psychology reflected by an advanced degree (Master's or higher).

Website: http://jobboard.mentalhealthcareers.com/c/job.cfm?site_id=158&jb=4233022

Inquiries: Beth Rasch, (301) 594-3090, rasche@cc.nih.gov

Four Positions, Lakeshore Foundation, Birmingham, AL

- Strength and Conditioning Specialist
- Internships
- Communications Coordinator
- Coordinator - Injured Military Programs

Lakeshore Foundation is a non-profit 501(c)3 organization that promotes independence for persons with physically disabling conditions and opportunities to pursue active, healthy lifestyles.

Website: <http://www.lakeshore.org/index.php?src=jobs>

Applications: Debbie Smith, Human Resources, 4000 Ridgeway Drive, Birmingham, AL 35209, DebbieS@lakeshore.org, Fax (205) 313-7475

Inquiries: Same

Grants

Pioneering Healthier Communities, Centers for Disease Control and Prevention

Application Deadline: June 23, 2008

The purposes of this funding opportunity are to expand the community health promotion leadership found at the local level, and, specifically, build and enhance the capacity of a national organization with broad local outreach and leadership.

For more information, go to <http://www.grants.gov/search/search.do?&mode=VIEW&flag2006=true&oppId=17664> or contact (770) 488-2700.

Call for Proposals, Childhood Obesity, Active Living Research and Healthy Eating Research, The Robert Wood Johnson Foundation (RWJF)

Application Deadline: Rolling

These national programs support research to identify promising policy and environmental strategies for increasing physical activity, promoting healthy eating, and preventing obesity. The overall aim of both of these programs is to provide key decision- and policy-makers with evidence to guide effective action to reverse the rise in childhood obesity.

For more information. go to <http://www.activelivingresearch.org/> or www.healthyeatingresearch.org or

contact 619-260-5534 or alr@projects.sdsu.edu.

Disability and Rehabilitation Research Projects and Centers Program--Disability Rehabilitation Research Projects (DRRPs), Office of Special Education and Rehabilitative Services, National Institute on Disability and Rehabilitation Research

Deadline for Transmittal of Applications: July 29, 2008

Date of Pre-Application Meeting: June 17, 2008

The purpose of the DRRP program is to improve the effectiveness of services authorized under the Rehabilitation Act of 1973, as amended, by developing methods, procedures, and rehabilitation technologies that advance a wide range of independent living and employment outcomes for individuals with disabilities, especially individuals with the most severe disabilities. DRRPs carry out one or more of the following types of activities: research, training, demonstration, development, dissemination, and technical assistance.

For more information, go to <http://edocket.access.gpo.gov/2008/E8-12118.htm>.

Technology and Media Services for Individuals with Disabilities--Family Center on Technology and Disability, U.S. Department of Education

Deadline: July 2, 2008

The purposes of the Technology and Media Services for Individuals with Disabilities program are to: (1) improve results for children with disabilities by promoting the development, demonstration, and use of technology, (2) support educational media services activities designed to be of educational value in the classroom setting to children with disabilities, and (3) provide support for captioning and video description of educational materials that are appropriate for use in the classroom setting.

For more information, go to <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=41876>.

Centers for Disease Control and Prevention (CDC), Building A Healthy Nation-Strategic Alliance for Health

Deadline for Applications: June 24, 2008

The CDC, National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), Division of Adult and Community Health (DACH), announces the opportunity to apply for funds to advance, implement, and sustain evidence and practice-based chronic disease community programs that promote policy, organizational, systems, and environmental community change. This initiative will serve to (among others) promote physical activity and nutrition.

For more information, go to <http://www.cdc.gov/od/pgo/funding/DP08-813.htm> or call (301) 402-7469 or (866) 504-9552.

Mattel Announces Continuation of Grant Program to Benefit Children

Deadline for Applications: July 15, 2008

Mattel and the Mattel Children's Foundation have announced they will continue the Mattel Domestic Grantmaking Program which provides funding for organizations benefiting children in the United States

Grantmaking Program, which provides funding for organizations benefiting children in the United States, including programs that directly and effectively impact children with demonstrated needs (physical, financial, emotional, and health-related).

For more information, go to

http://www.mattel.com/about_us/philanthropy/ci_mcf_philanthropy_grantmaking.asp or call (310) 252-2000.

Participation in Research

Project Adventure, Children's Hospital, Boston, MA

This is a community-based project to help children and youth with special health care needs and disabilities to have an inclusive recreational experience in Boston-area YMCAs. It matches adult volunteers with children between the ages of 6 and 15 at participating YMCAs to participate in an activity of the child's choice. The adult volunteer's role is to assist the child mentally and physically in the activity. This study is looking for interested families and adult volunteers (18 and older) who can commit 2 hours a week for 6 months. There is a screening process that includes at least one in-person interview and training.

For more information, email Jenna.Curry@childrens.harvard.edu or call (617) 556-4075, ext .15.

Therapies for Stroke and Spinal Cord Injury Survivors, Veterans' Administration Brain Rehabilitation Research Center of Excellence, FL

This research study, conducted in conjunction with the University of Florida, is seeking participants in Gainesville, Jacksonville, and surrounding areas that have suffered a stroke or spinal cord injury and are no longer receiving therapy. You must be at least 18 years of age, understand and read English, and have impairment due to stroke or spinal cord injury. The studies require active participation in physical, occupational, or speech therapy treatments. There is no charge.

To find out if you or someone you know may be eligible, please call (800) 324-8387 or (352) 376-1611, ext. 5223, or send an email to Amber.Waters@va.gov. For more information about the Brain Rehabilitation Research Center, please visit <http://www.va.gov/BRRC>.

Community-Based Intervention, Department of Disability and Human Development, University of Illinois at Chicago

This Department in the College of Applied Health Sciences is conducting a community-based intervention project for people who use a wheelchair, scooter, cane, or walker and who live or work within 3 miles of UIC. Participants will be asked to complete a series of phone surveys pertaining to improving transportation, healthy food, and recreation accessibility. Compensation will be provided. Those who participate in the phone surveys may qualify to participate in the intervention.

For more information, please contact Lisa Tussing-Humphreys in the Department of Kinesiology and Nutrition at ltussing@uic.edu or (312) 413-4807.

Rehabilitation Research and Training Center (RRTC) Survey on Health and Wellness, Oregon Health & Science University

This confidential and IRB-approved study is looking for people to help pilot test a health-related Quality of Life survey. If interested, please call (503) 494-3534. Compensation is offered once the survey is completed and returned.

WHO: Adults (18 years or older) who have a spinal cord injury

WHAT: Fill out a survey about health and wellbeing

TIME: 30 to 45 minutes

WHERE: Survey is mailed to you (after a brief screening phone call)

NCPAD Contact and Partner Information

NCPAD is funded by the National Center on Birth Defects and Developmental Disabilities at the Centers for Disease Control and Prevention (CDC) and is located at the University of Illinois at Chicago in the Department of Disability and Human Development. All materials listed below - and more - are available on the NCPAD website at <http://www.ncpad.org> or by calling our toll-free number: 1-800-900-8086. Alternative formats are available.

NCPAD's partner affiliates include the Rehabilitation Institute of Chicago (RIC), the National Center on Accessibility (NCA), The Arc of the U.S., the National Council on Independent Living (NCIL), and UCP National. Friendly, highly trained Information Specialists are available through a toll-free hotline and TTY at 1-800-900-8086, e-mail ncpad@uic.edu, or fax 1-312-355-4058 to provide personalized responses to your questions.

Subscribe/Unsubscribe

To sign up for this free monthly electronic newsletter, click on <http://www.ncpad.org/newsletter/> or send an e-mail to listserv@listserv.uic.edu with this message in the body of the e-mail: SUBSCRIBE NCPAD-NEWS yourfirstname yourlastname

If you would prefer to NOT receive NCPAD's monthly electronic newsletter, send an e-mail to listserv@listserv.uic.edu with this message in the body of the e-mail: SIGNOFF NCPAD-NEWS

Legal Notice

Links to articles appearing on other sites or sources are subject to the reproduction rules of those sites or sources. All other articles appearing in this newsletter are copyrighted by Board of Trustees of the University of Illinois (2003) unless otherwise noted. These articles may be freely distributed electronically provided that they are distributed in their entirety and include the following notice: "This article originally appeared in The NCPAD-News, issue date ##. It may be freely distributed electronically as long as it includes this notice but cannot be edited, modified, or distributed in other form(s) without the express written permission of NCPAD. Write to ncpad@uic.edu for additional details." Any other use of the materials in NCPAD-News or on the NCPAD Web site at <http://www.ncpad.org>, including modification or re-publication without our prior written permission is strictly prohibited. This includes, but is not limited to, posting to another Web site. Contact us via e-mail at ncpad@uic.edu. The information provided in this material was supported by Grant/Cooperative Agreement Number U59/CCU516732 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

[Add a Newsletter Section](#)

[Update this Newsletter](#)

[Disclaimer](#) | [Webmaster](#) | [Contact NCPAD](#): 1-800-900-8086 or e-mail:ncpad@uic.edu |

The information provided in this website was supported by Grant/Cooperative Agreement Number U59/CCU522742-02 from the Centers for Disease Control and Prevention (CDC).

UIC Logo



The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

Copyright 2011 The Board of Trustees of the University of Illinois