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NCPAD NEWS: November 2009

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From the Editors Desk: Giving Thanks

It's so cliché, but it's that time of year to look at things we appreciate in our lives and express our gratitude for having them. (It's also a time we stuff our faces with delicious food, but that's a separate issue.) I recently did a Thankful Tree with my two young daughters, and it reminded me yet again of how simple life really should, and can be. They were thankful for "toys", "having fun", "unicorns and ponies" and "broccoli" (though I'm fully aware that neither child particularly cares for broccoli and it was shared solely to impress me). Our health is something that can greatly affect our ability to appreciate these simple things in life. I hope that our newsletter and website both continue to provide our readers with options for improving their health whether through useful adaptive equipment, or "toys", and types and locations of "fun" activities based on your interests and abilities. I'm willing to bet our Nutrition section even provides a recipe or two

using broccoli if that happens to be on your Thankful Tree too, though you'll have to use your own imagination for incorporating unicorns. Happy Thanksgiving!

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

Directors Column: A Personal Story on How Obesity Affects One Person with a Disability

We researchers can talk all we want about the effects of obesity on people with disabilities, but when you receive a personal email from someone who is experiencing it firsthand, it drives all the research out the window and the reality of it all strikes home. I have been saying for more than two decades that obesity is a greater health threat among people with disabilities than in the general population; it is much more difficult to perform energy-expendent activities when options such as running, walking, biking, etc., are less available or not feasible. But no matter how much I speak about this issue in terms of its potential negative impact on health, function and quality of life among people with disabilities, this email speaks volumes about the crisis at hand.

To read this month's Director's Column, go to http://www.ncpad.org/director/fact_sheet.php?sheet=767.

From the Information Specialists Desk: Legislate and Activate

Read about some important healthcare legislation in this month's FITT column, and find out how you can share your voice with Congress as well as our readers. The feature also shares some new fitness trends for ideas on how to 'activate' your own contributions to personal good health. Recognize National Diabetes Month with us in our Emerging Evidence corner as it reviews an article on diabetes and yoga, and then jump into the holiday season well-prepared by getting some tips on emotional eating from this month's Nutrition column. Get some additional healthcare and wellness related tools for jumping into the holiday season from the following NCPAD Resources.

- Primer on Stress Management
 - http://www.ncpad.org/wellness/fact_sheet.php?sheet=414
- Can Disability, Chronic Conditions, Health and Wellness Coexist?
 - http://www.ncpad.org/wellness/fact_sheet.php?sheet=106
- Health Promotion for People with Physical, Cognitive and Sensory Disabilities: An Emerging National Priority
 - http://www.ncpad.org/wellness/fact_sheet.php?sheet=182

Monthly Observances

National Alzheimer's Disease Awareness Month

Alzheimer's Association
(800) 272-3900
info@alz.org
www.alz.org

Related NCPAD Resources:

- Introduction to Alzheimer's Disease and Exercise

- http://www.ncpad.org/disability/fact_sheet.php?sheet=138
 - Alzheimer's Disease and Nutrition
 - http://www.ncpad.org/nutrition/fact_sheet.php?sheet=7
 - Golf and Alzheimer's Disease
 - http://www.ncpad.org/director/fact_sheet.php?sheet=706
-

American Diabetes Month

American Diabetes Association
(800) DIABETES (342-2383)
askada@diabetes.org
www.diabetes.org

Related NCPAD Resources:

- Diabetes
 - http://www.ncpad.org/disability/fact_sheet.php?sheet=100
- Eating Well for Diabetes
 - http://www.ncpad.org/nutrition/fact_sheet.php?sheet=333
- Type 2 Diabetes: How to Lower Your Risk
 - http://www.ncpad.org/nutrition/fact_sheet.php?sheet=657

FITT Column: An Ounce of Prevention

The Affordable Health Care for America Act, H.R. 3962, was unveiled by Democrats in the House of Representatives on Thursday, October 29, 2009, containing several provisions that focus on prevention. The House passed its version of health-care legislation Saturday night, November 7, 2009, by a vote of 220 to 215. Although the debate on health care is controversial, we all agree that something must be done to change health care in America. A vital conversation that must occur in this debate is the importance of physical activity as a key role in the prevention of chronic disease and secondary conditions.

To read this month's FITT column, go to http://www.ncpad.org/fitt/fact_sheet.php?sheet=762.

Nutrition Spotlight: Emotional Eating: Exploring the Hunger Inside

Eating is not just about eating. We do eat because we're hungry. But we also eat because we're bored, lonely, sad, tired, angry, frustrated, or even happy. People turn to food for many different reasons, one main reason being comfort.

Many people try to lose weight only by focusing on what they should and shouldn't eat. They fail to look deeper to understand the reasons why they overeat. All of the weight loss information in the world will not convince someone to stop overeating. People must acknowledge the real reasons for their overeating – the hunger inside of them.

To read this month's Nutrition Spotlight, go to http://www.ncpad.org/nutrition/fact_sheet.php?sheet=765.

Community Voice: Program Spotlight: Surfs Up and AccesSurf!

This program spotlight takes us to the sunshine and warm waters off the coast of Kaneohe, Hawaii. In this

small town on the island of Honolulu, an amazing adaptive surf program was initiated in 2006. AccesSurf started out by creating easier access for all beachgoers; sand can be hard enough to walk on, imagine maneuvering a wheelchair or cane on such a surface! By putting down pathway mats, AccesSurf not only encouraged people with disabilities and their families to come out to the beach, they also opened up educational opportunities to the public on adaptive water equipment and therapeutic surf and swim instruction.

To read this Program Spotlight, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=766.

The Training Corner: Addressing Barriers with Older Adults

By Jennifer Green, B.S.

When training older adults, there are barriers that we fitness professionals must work to address. Self-efficacy, attitude, discomfort (both physical and with environment), fear of injury, ataxia, disability, illness, and cognitive decline are all challenges we must help our clients overcome in order to receive the benefits of a regular exercise program. So how do we get past these barriers? This article focuses on my personal experience working with the aging population, and one individual in particular. I'll discuss my experience as well as that of the client's and how we worked to overcome some common obstacles.

To read the first installment of this new guest column series on personal training, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=764.

NUDGE: HUR Health and Fitness Equipment Wheelchair-Accessible Products

This comprehensive line from HUR Health and Fitness Equipment of wheelchair-accessible strength exercise equipment features many user as well as provider benefits. For the user, the machines are non-intimidating with easy access, safe and have no pinch points, automatically adjust the resistance and repetition, and have an optional chair, among other benefits. Provider benefits include a small footprint and several dual function equipment pieces that save space, are lightweight, have range limiters for safety, have an ADA 88 tax credit available, and offer balance testing platforms which enable balance testing to be reimbursed by Medicare.

For more information about this line from HUR Health and Fitness Equipment, go to <http://www.HURUSA.com> or call (847) 729-2636.

Emerging Evidence: Role of Yoga in Diabetes

Sahay, B. K. (2007). Role of yoga in diabetes. *JAPI*, 55, 121-126.

The purpose of this study was to assess the effect of yoga on diabetes. A multitude of short- and long-term studies were conducted and reviewed here. Participants in these studies were diagnosed with either Type 1 or Type 2 diabetes and partook in varying types of yoga. Their health was tracked either at 1 month, 6 months, or throughout a 7-year, long-term study. Measurements were taken of glucose levels, body composition, exercise tolerance, hypertension, and cholesterol, both before and after yoga treatment. Results showed that there was a significant drop in the blood glucose levels as well as a decrease in body fat and increase in lean body mass. Participants over 66 years old achieved good glycemic control, which they maintained for 7 years. Blood pressure was also reduced. There was an improvement in cholesterol and many were also able to reduce their medication intake. Based on these results, yoga has a positive impact on controlling diabetes. The benefits of yoga can reduce the onset of Type 2 diabetes by reducing free fatty

acids and insulin resistance.

To read this full abstract, go to http://www.ncpad.org/research/fact_sheet.php?sheet=763.

Video Corner: Bowling from the National Veterans Wheelchair Games

In the September 2009 Program Spotlight, we highlighted the 29th Annual National Veterans Wheelchair Games that took place in Spokane, Washington, this past summer. This month, we continue sharing exciting sport footage with video and interviews from the bowling competition.

To watch this month's featured sport, go to http://www.ncpad.org/videos/fact_sheet.php?sheet=735&ion=3063 and stay tuned in the following weeks for video clips featuring other sport competitions from the Games.

In the News

Weight Training Boosts Breast Cancer Survivors' Body Image and Intimate Relationship Satisfaction

The University of Pennsylvania of Medicine has found research that shows weight-lifting may help to improve self-esteem of breast cancer survivors. Weightlifting is already known to help physical health and increase muscle strength; the article explains that weightlifting can help enhance body image. Breast cancer survivors who lift weights regularly feel better about their bodies and their appearance and are more satisfied with their intimate relationships compared with survivors who do not lift weights, according to the new study published in the journal Breast Cancer Research and Treatment.

To read more, go to: <http://www.sciencedaily.com/releases/2009/11/091103171717.htm>.

Teach Using Video, Enter the Contest! American Association for Physical Activity and Recreation (AAPAR)

Deadline: December 2, 2009

The AAPAR invites you to participate in its Every Body Can! Physical Activity Video Contest, a unique initiative designed to create and distribute inspiring videos that promote inclusive and adapted physical education and activity. As online videos are used more frequently in the classroom, experts have found that these videos can be effective for teaching disability awareness. In that spirit, Every Body Can! will promote, celebrate, or teach adapted/inclusive physical activity and raise awareness about the physical opportunities for and accomplishments of people with disabilities. Sponsor Flaghouse is donating prizes, and the first 50 entrants will receive a FREE aerobics DVD from sponsor HOPSports.

For more information, go to <http://www.aahperd.org/aapar/programs/everybodycan.cfm> and also see "Using Online Videos for Disability Awareness," in the October 2009 issue of The Journal of Physical Education, Recreation, and Dance.

Fencing Their Way, and Loving It, The New York Times, October 11, 2009

By Tina Kelley

Excerpt: Bianca has spina bifida and a pronounced S curve to her spine. But when she wears her mask and lamé, the underjacket that conducts electricity during fencing bouts, she can compete with fencers who can walk, as well as those who cannot. "It's a lot of fun, but it takes a lot of time to learn some of the moves," she said after her session at the New Jersey Fencing Alliance. The fencing club, in this suburban Essex County township, is developing what are believed to be the only wheelchair fencing classes for young people in the Northeast.

To read more of this article, go to:

<http://www.nytimes.com/2009/10/12/nyregion/12fencing.html>.

Report on the State of Science on Health Risks and Aging in People with Intellectual Disabilities, 2009

A Special Interest Research Group on Aging and Intellectual Disabilities/Faculty Rehabilitation Sciences at the University of Dortmund created this paper to summarize a review of the scientific literature over the past 15 years on the topic of health risks associated with aging in people with an intellectual disability. It is a review of descriptive observational research ranging from discussion at the social 'wellness' end of the spectrum through to analysis of the impact of ageing on the incidence of chronic physical illness.

It can be downloaded at no charge from the RRTCADD website at www.rrtcadd.org.

Events, Conferences and Programs

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>.

Medical Fitness and Healthcare Conference, Medical Fitness Association (MFA), Imagine the Possibilities, Orlando, FL, December 2-5, 2009

Celebrating its 15th anniversary, this annual conference will provide the latest information on building, operating, marketing, programming and staffing your medical fitness facility. As part of the Athletic Business Conference and Expo, this is the only conference dedicated to the medical fitness industry.

For more information, go to <http://www.medicalfitness.org/displaycommon.cfm?an=4>.

Public Comment Session on NSF (National Science Foundation) Health Fitness Facilities Standards Comment Period Ends: November 23, 2009

A Public Comment Period has been announced for the proposed general certification of fitness facilities throughout the country. The proposed standards can be viewed online at http://standards.nsf.org/apps/group_public/document.php?document_id=6159&wg_abbrev=jchffs If you would like to submit public comments to the NSF Health/Fitness Facilities Joint Committee for review and disposition on the draft, please click on the tab labeled "add a comment" in the gray box on the top of the page.

Questions regarding the proposed draft Standard or questions on how to submit feedback should be sent to Lorna Badman, at (800)NSF-MARK, ext. 6806 or badman@nsf.org.

Call for Hosts, Inclusive Playgrounds Awareness Event, Inclusive Fitness Coalition (IFC)

The IFC is calling for advocates, community groups, families, and other related organizations to host awareness events focusing on inclusion at various playgrounds across the world. Plan an event in your community and help spread the word and educate others who may not be aware of the benefits of inclusive design and play. Inform the IFC of your plans and let it help disseminate this information. Participating playgrounds/groups will be submitted for possible inclusion in a series of articles for national magazines, in addition to the IFC website and newsletter.

If you would like to host an event, please contact Jessica Madrigal at jmadri1@uic.edu. To find out more about IFC's Inclusive Play Workgroup, go to <http://www.incfit.org/node/169>.

International Council on Active Aging Conference (ICAA), Orlando, FL, December 3-5, 2009

The Seventh Annual ICAA Conference is multidimensional and cutting-edge for the active-aging industry. Educational seminars in topic areas are geared to the many dimensions, roles, and solutions in active aging, and offered by some of the finest presenters in the field.

For more information about individual or group registrations for ICAA Conference 2009, please call toll-free (866) 335-9777 or visit <http://www.icaa.cc/convention/registration.htm>

CEC 2010 Convention & Expo Conference, Nashville, TN, April 14-21, 2010

Council for Exceptional Children (CEC)'s Convention & Expo is the largest professional development event dedicated to special and gifted education. Catch up on what's happening in the field, broaden your perspective of special education, and further your professional growth through the more than 800 educational hours offered.

For more information, go to <http://www.cec.sped.org/Content/NavigationMenu/ProfessionalDevelopment/ConventionExpo/> or call 888-232-7733.

National Alliance for the Dually Diagnosed (NADD) Events:

- 2010 International Congress & Exhibit Show: "Innovations and Interventions (MH/IDD) Toronto, Ontario, April 14-16, 2010

An exciting pre-conference agenda is planned with international presenters on psychological therapies, diagnostic systems, genetics and mindfulness.

For more information, go to www.thenadd.org.

- Annual 27th Conference & Exhibit Show Seattle, WA: November 3-5, 2010
Submission Materials Deadline: May 1, 2010

Submit a proposal for presentation at the National Alliance for the Dually Diagnosed (NADD)

conference. Presentation categories include:

- Presentation/Skill Building Workshop
- Research Symposia
- Poster Session

For more information, go to <http://www.thenadd.org/cfp/index.shtml>.

2010-2012 Kellogg Health Scholars Program

Deadline: December 2, 2009

The Kellogg Health Scholars Program develops new leadership in the effort to reduce and eliminate health disparities and to secure equal access to the conditions and services essential for achieving healthy communities.

For more information, go to <http://www.kellogghealthscholars.org/application/index.cfm>.

Free Events at Great Lakes Naval Base, Great Lakes, IL

- Saturday, November 21, 2009
Running clinic for individuals with physical or visual disabilities who are ambulatory.
- Saturday, December 5, 2009
Paralympic experience featuring swimming, wheelchair basketball and tennis for individuals with physical or visual disabilities.

Advanced registration is required for security purposes. For more information, visit worldsportchicago.org or contact Pamela J. Redding, Director of Paralympic and Disability Sports at (312) 784-6030 or (312) 616-5450.

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.*

Coordinator of Athletic Programs, Lakeshore Foundation, Birmingham, AL

Lakeshore Foundation is currently seeking an energetic, creative, and resourceful self-starter with exposure or experience in athletic administration as well as development and implementation of recreation and athletic programming for persons with various physical disabilities.

Website: <http://www.lakeshore.org/index.php?src=jobs&srctype=display&refno=30>

Inquiries: DebbieS@lakeshore.org

Executive Director-Chief Executive Officer, American Association on Intellectual and

Developmental Disabilities (AAIDD), Washington, DC, Effective May 2010

AAIDD is one of the oldest professional membership organizations in the U.S. and the oldest focusing on the field of intellectual and developmental disabilities. This position is the association's primary representative to the professional community, the media, and policymakers and represents AAIDD to other national disability organizations on a regular basis and is the voice of AAIDD to the news media, Congress and the Executive Branch, and other national entities.

Website: http://www.aaidd.org/content_2327.cfm

Inquiries: (202) 387-1968

Burton Blatt Institute, Atlanta, GA

- Director of the Southeast DBTAC: ADA Center
- Administrative Assistant, Burton Blatt Institute, Washington, DC
- Communications Coordinator, Burton Blatt Institute, Syracuse, NY
- Legal Research Associate, Burton Blatt Institute, Syracuse, NY
- Social Science Research Associate, Burton Blatt Institute, Syracuse, NY

Website: <http://bbi.syr.edu/>

Inquiries: ehill@law.syr.edu

Grants and Funding Opportunities

Doctoral Grant in Movement Studies in Disability

This leadership grant will address a significant need for highly qualified personnel to teach adapted physical education. Colleges and universities play a major role in preparing competent physical education teachers for all students. Unfortunately, data indicate that the number of positions available is greater than the number of available personnel to fill these positions. Oregon State University, a Research I university, has resources to prepare a cadre of doctoral level personnel who have the necessary skills to serve as effective teacher-trainers, scholars and leaders.

For more information, go to

<http://www.hhs.oregonstate.edu/nes/msd-doctorate-grant>.

Tommy Wilson Memorial Grant, American Association for Physical Activity and Recreation (AAPAR)

Deadline: December 1, 2009

The AAPAR has reconfigured a past award into a new grant opportunity. The Tommy Wilson Memorial Grant will give up to \$1,500 to a nonprofit entity to directly support recreation programs for people with disabilities. The grant is made possible by the Tommy Wilson family, who originally established the award in 1975 in remembrance of their son, who had cerebral palsy and died at the age of 16. Grants will be presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention & Expo.

For more information, go to

<http://www.aahperd.org/aapar/news/newItems/Tommy-Wilson-Grant-News.cfm>.

Disability and Rehabilitation Research Projects and Centers Program (Research and Development), Field Initiated (FI) Projects

Deadline: January 6, 2010

The purpose of this program is to develop methods, procedures, and rehabilitation technology that maximize the full inclusion and integration into society, employment, independent living, family support, and economic and social self-sufficiency of individuals with disabilities, especially individuals with the most severe disabilities.

For more information, go to:

- Research:
 - <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=50031>.
 - Development:
 - <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=50032>.
-

Healthy Community Grants Program and the Healthy Community Outreach Program, Aetna and Aetna Foundation

- Community-based initiatives that increase access to quality health care and improve overall wellness in the areas of depression and obesity. Proposals must incorporate and/or demonstrate impact on either expansion of primary caregiver role and/or community care delivery.
- Health professions training and support programs to address the growing shortage of skilled nurses and representation of racially and ethnically diverse health care professionals across the continuum as well as health care professionals' cultural competency

Program inquiries should be directed to the Community Grants program information line at (860) 273-6747 or the Aetna Foundation mailbox at AetnaFoundation@aetna.com.

Mitsubishi Electric America Foundation (MEAF) Inclusion Champion Award

Nominations due: May 1, 2010

The MEAF Inclusion Champion Award honors individuals who have made significant efforts to promote the full inclusion of youth with disabilities in society. The focus of the efforts may include, but is not limited to, helping to create a culture of inclusion within an organization or community or developing innovative strategies for inclusive programming in: school activities, after-school programs, community service, and leadership development.

The Inclusion Champion is selected each year by a panel of experts in the field, and is presented during the Kids Included Together (KIT) annual conference in April. The award consists of a trophy and \$1,000

donated to the charity of the Champion's choice.

For more information, go to

<http://www.meaf.org/grants-inclusion.php#incchamp>.

Participation in Research

Cerebral Palsy Research Registry, Northwestern School of Physical Therapy and Human Movement Sciences, Rehabilitation Institute of Chicago, and University of Chicago

The mission of the Registry is to promote and facilitate research in the area of cerebral palsy by connecting persons with cerebral palsy with leading researchers. The current enrollment questionnaire is geared for persons 21 years old and younger. An adult questionnaire will be on the website soon.

Check out the website at www.cpreregistry.org or call Donna Hurley, PT, DPT at (312) 503-3342 for more information.

Video Game Play - Have Your Say! Blue Marble Game Co.

The use of video games for rehabilitation has become widespread in the past year. It is likely that you have recently played a video game, using the Nintendo Wii or Sony PlayStation, at home or during a visit to your physical/occupational therapist. Many people find playing these video games fun; however, others have reported difficulty. Blue Marble Game Co., a small independent video game company owned by physical therapists, neuroscientists, and game designers, is interested in hearing about your experience with video games both at home and during rehab in order to better design them. They are conducting a worldwide survey to gather information about specific experiences with video games in order to better understand likes, dislikes, and specific needs and abilities. The survey asks questions such as:

- What is your favorite video game?
- What is your favorite aspect of video game play?
- Have you ever used video games in rehabilitation?

This survey is anonymous and results will be shared with the scientific and game industry community in order to inform the industry and provide suggestions for game design and modification to better meet the needs of people with disabilities.

Please visit www.bluemarblegameco.com for more information and a link to the online survey. For more information or for questions, please contact Sheryl Flynn at sherylflynn@gmail.com.

Survey on Wheelchair User Experiences, University of Connecticut

Research analysts at UConn invite individuals who use wheelchairs to participate in this survey and share thoughts and opinions pertaining to wheelchair use. Responses will remain confidential and will provide valuable insight into current needs in an effort to promote the development of improved wheelchair services and technologies. The survey should take approximately 10 minutes to complete and consists of about 40 questions. You will have the opportunity to provide your email address at the end of the survey, solely for

the purpose of entering a drawing for a \$50 Amazon.com gift card. Your responses will only be used in this student research.

To take this survey, go to <http://www.zoomerang.com/Survey/?p=WEB229DYFNSVLC>. For questions please contact Carlton Forse at carlton.forse@business.uconn.edu or (860) 728-2143.

Research Study (Master's Thesis) on Issues Surrounding Children with Autism Spectrum Disorder (ASD) in Leading Physically Active Lifestyles, University of Illinois at Chicago, Department of Disability and Human Development

Who: Parents of children with Autism Spectrum Disorder (ASD) and their child with ASD who is 12-18 years old as well as their child without ASD who is 12-18 years old.

What: Participation in an online confidential survey about the health and physical activity lifestyles of teens with ASD compared to their siblings without ASD.

How: Simple (confidential) participation in a 15-minute online survey by both you and your children.

Why: Your information will help us better understand what factors are related to children with Autism Spectrum Disorder being physically active.

To complete the survey, go to Health and Lifestyles Comparison of Youth with Autism Spectrum Disorder (ASD) Parent Survey at <http://www.ncpad.org/survey/survey.php?sid=72>.

For more information or if you have difficulty accessing the survey please contact Dr. James Rimmer (faculty sponsor) at (312) 413-9651 or jrimmer@uic.edu.

Online Stress Management Program for Parents of Children with Intellectual Disabilities and Autism, Jones Iris Media, Eugene, OR

This National Institutes of Health project is looking to develop an online multimedia stress reduction program for parents with children who have developmental disabilities. When the project is completed, parents will have access to a skill-building program that will help them develop positive coping capacities, provide them with tools for monitoring their progress, and help them assess whether additional, more intensive supports will be needed.

Parents will complete an online questionnaire, gain access to web-based program materials for one week, and then complete a final questionnaire. Parents will receive financial compensation for questionnaire completion.

For more information, please go to www.lookiris.com or contact Martin R. Sheehan, Ph.D., Researcher, IRIS Media at marty@lookiris.com.

Are You A Cancer Survivor Who Had Limitations In Activities Of Daily Living Prior To Your Cancer?

If you have completed active treatment for your cancer, you are invited to participate in a study to help understand how cancer survivors who had a functional limitation or disability before being diagnosed with cancer take care of their health. Your information will help health care providers work more effectively with survivors such as yourself. You can earn \$25 by completing a questionnaire packet

SURVIVORS SUCH AS YOURSELF. YOU CAN EARN \$25 BY COMPLETING A QUESTIONNAIRE PACKET.

If you are over the age of 21 and have completed active treatment, please call (800) 687-8010 or email maxhealth@mail.nur.utexas.edu for more information.

Body Composition Assessment In Spinal Cord Injury, Hunter Holmes McGuire VA Medical Center, Richmond, VA

Are you:

- 1 year after spinal cord injury?
- Between the ages of 18 and 65?
- Available for 2 consecutive days?
- Located in the Richmond area?

If you answered YES to these questions, you may be eligible to participate in a spinal cord injury research study to evaluate and compare different ways of measuring body composition (amounts of fat, muscle, bone, and water in your body) and to determine relationships with other health conditions. This study is being conducted by Dr. David Gater. Study treatment will be provided at no cost. You will be paid \$100 for participation and an extra \$10 for parking costs.

If interested, please contact Joshua Miller at (804) 675-6200 or Joshua.Miller@va.gov.

Exercise to Reduce Obesity in Spinal Cord Injury, Hunter Holmes McGuire VA Medical Center, Richmond, VA

Do you meet these criteria:

- 1 year after injury?
- Willing to exercise 5 days per week?
- Available for 5 consecutive months?
- Located in the Richmond area?

This research study is being conducted by Dr. David Gater. The purpose is to evaluate and compare the benefits of arm exercise vs. leg exercise using electrical stimulation. Payment available.

If interested, please contact Joshua Miller at (804) 675-6200 or Joshua.Miller@va.gov.

Would You Like to Know How Accessible Your Fitness/Recreation Facility Is?

The University of Illinois at Chicago is looking for health and fitness professionals who are employed at a fitness/recreation facility to complete an accessibility survey on their facility as a part of a national study. Facility staff that participates in the study will have the option to receive feedback and advice on ways to further improve the accessibility of their facility.

If you would like more information on the study, please contact Carolyn Lullo in the Department of Disability and Human Development at clullo2@uic.edu or (312) 355-1400, or go to

<http://www.ncpad.org/survey/survey.php?sid=74>.

Electrical Stimulation Training of Paralyzed Muscle, University of Georgia and Shepherd Center, Atlanta, GA

If you are between the ages of 18 and 59, live in the Northeast Georgia area, and have complete paralysis of lower legs, you can be a research subject to test whether home-based electrical stimulation training can improve glucose tolerance and reduce diabetes.

For more information, contact Kevin McCully, Ph.D., Kinesiology Department, University of Georgia, at (706) 542-1129 or mccully@uga.edu.

Request for Research Participants, Department of Disability and Human Development, University of Illinois at Chicago

The University of Illinois at Chicago is looking for children with disabilities aged 12 to 18 and their parents/caregivers to complete an Internet-based survey on the lifestyle and environment of adolescents with disabilities. This survey can be found by visiting <http://www.healthforyouth.org> and entering the access code: NCPAD.

For more information, or if you have difficulty accessing the survey, please contact Brienne Davis in the Department of Disability and Human Development at bdavis7@uic.edu or (312) 355-4054.

Illinois Women's Health Registry at Northwestern University

The Institute for Women's Health Research at Northwestern University has developed a private, secure database of demographic and health-related information for Illinois women age 18 and over. Through a confidential questionnaire, the Registry aims to understand the relationship between health and other factors such as lifestyle, socioeconomics, and stress. As a participant, you can help advance knowledge of gender differences in health and wellness. You can also be considered for research studies and get information from leading health professionals through the Registry's newsletters and online blog.

To enroll please visit <https://whr.northwestern.edu> or call (800) 984-IWHR.

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