From the Editor's Desk: Celebrate the Holidays with Activity

Whichever holiday you recognize, this is the time of year for celebrations. Lucky for us, celebrations can easily involve physical activity. Organize a holiday gathering at a bowling alley or turn up the music at your party and "shake a tail feather" with your friends and family. This month's newsletter features a variety of information on bowling and dancing, only two of many possibilities for "active" celebrations. For resources on either of these activities, see this month's Video-enabled Factsheet on Bowling as well as The Bowling Arm in the NUDGE column. Also read the Community Voice, "Everyone Can Dance," and the Secondary Conditions: Non-Traditional Exercise as a Way of Preventing Secondary Conditions - Part I.
Director's Column: This New Year, Set Your Goals and Stick with Them

A goal is only as good as the ability to stick with it. Since the inception of motivational speakers, from people such as Dale Carnegie, Napoleon Hill, and Norman Vincent Peale, to Zig Ziglar and Earl Nightingale, to more recent figures like Colin Powell, Paul Harvey, Joel Osteen and others, stadiums are consistently packed with tens of thousands of people yearning for answers that will give them some sense of direction and enhance the value and purpose of their lives.

Typically, these speakers have a central theme: For change to occur and good things to happen, you have to write down your goals, put them in a place where you can see them every day, and stick with them even during the most difficult times in your life. Many people keep them on their mirror; others slip them into their wallet or purse and read them on their way to work.


From the Information Specialist's Desk: Making a List with the NCPAD Elves

For healthy holiday gift-giving ideas, including many of our own items and products available at the webshop at http://www.ncpad.org/shop/, the NCPAD elves have helped our associate director, Amy Rauworth, create a list that will make you a successful health-promoting Santa. For these suggestions, read the FITT column at http://www.ncpad.org/fitt/fact_sheet.php?sheet=582. In addition, the NCPAD elves also suggest giving a book called "Ballerina Dreams" to the young aspiring dancers of ALL abilities in your life. Read about it in this month's book review.

New NCPAD Document: Physical Activity and the Deaf Community
This new document explains details of hearing loss, including etiology and types; analyzes and critiques the historical research on hearing loss; describes motor performance characteristics of people with hearing loss and deafness such as static and dynamic balance as well as physical fitness; and illustrates a variety of physical activity programs.


Monthly Observances:

- World AIDS Day, December 1


- 156 Years of the YMCA, December 29

  YMCA's are for people of all faiths, races, abilities, ages, and incomes and feature a variety of
programs for kids, adults, and families based on the individual needs of that community. Physical activity and recreation programs may include aquatics, group exercise, strength training, walking, yoga, older adult health and fitness, youth and adult sports, and more. For more information or to locate a local YMCA, go to http://www.ncpad.org/organizations/index.php?id=1048&state=Illinois&city=Chicago or http://www.ymca.net/ or contact (800) 872-9622 or fulfillment@ymca.net.

- Hanukkah, December 5-12
- Christmas, December 25

Contact an Information Specialist: Do you have questions regarding physical activity and disability? We offer a free information service on a wide area of topics related to physical activity, fitness, recreation, sports, and disability and chronic conditions. Complete an online request form at: http://www.ncpad.org/contact/ or call us toll-free at 800-900-8086.

Secondary Conditions: Non-Traditional Exercise as a Way of Preventing Secondary Conditions - Part I

The holidays are a time when many people reflect on the past year and pledge to improve their commitment to healthy living. When beginning to explore options for initiating an exercise program or maintaining current fitness level by using a variety of new activity strategies, consider non-traditional exercise programs that have been beneficial to some populations of people with disabilities. I first thought of writing about this topic when seeing an advertisement for Dance Detour (see this month's Community Voice) and thought this could intrigue people who had not previously been active, but who may be looking for something to get them interested in and excited about exercise. I spoke recently with Alana Wallace, founder of Dance Detour, who has observed in herself and others that dance can decrease stress and increase muscle tone, physical endurance, and self-confidence. She explained that dance may also increase brain activity and stimulate memory through the use of choreography, and help prevent or lessen the effects of secondary conditions such as depression and social isolation.

To read the entire column, go to: http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=583.

F.I.T.T.: Healthy Gifts for All

'Tis the season for checking your list to see who has been naughty and who has been nice. But nice or not, being active is a must, and what better way to show someone you care for their well-being than giving them an active lifestyle gift. The elves at NCPAD have helped me assemble a list to get everyone moving. Here's a sample:

- **Exercise DVD or video** for persons where seated or modified exercises would be beneficial
- **Local gym membership/personal training sessions** or gift certificate
- **PEP Toolkit** that includes a pedometer
- **Toys and play products** for children with disabilities
- **YOU!** Volunteer your time by being an exercise buddy.


Community Voice: Everyone Can Dance
Alana Wallace, who lives with post-polio syndrome and uses a manual wheelchair, has always been a professional artist. But in 1995, at age 45, she witnessed an artistic performance that changed her life. The Cleveland Ballet Dancing Wheels, now called the "Dancing Wheels," a professional physically integrated dance company, showed Alana that dance COULD be an option for people with disabilities to participate as full, equal, and legitimate participants without compromising the art.

After seeing the performance, Alana contacted the Cleveland Ballet Dancing Wheels and signed up to attend one of its summer camps. Though she left there discouraged because the particular movement techniques did not work well for her, she met people who encouraged her to return to Chicago and enlist professional dancers to experiment with her individual body movements. Alana did this, successfully, and Dance Detour was incorporated in 1996 with the company motto of "Everyone Can Dance."


**New NCPAD Document: Physical Activity and the Deaf Community**

Regular physical activity and physical fitness are especially important in maintaining the health and well being of people of all ages. Research clearly indicates that virtually all individuals, including those with disabilities, can gain health benefits from regular physical activity. The health promotion and disease prevention needs of people with disabilities who have secondary health conditions may be complicated by specific medical aspects of disabilities. People with disabilities may be at greater risk of future problems; e.g., individuals with spinal cord injuries are more likely to have to address pressure sores. For Deaf individuals with no or minimal secondary health conditions, there is great potential for effective participation in physical activity programs.

According to the National Institutes of Health (1993), approximately 1 of every 1000 children is born with profound hearing loss. Many more are born with less severe degrees of loss, while others may develop hearing loss over time. Reduced hearing acuity during infancy and early childhood interferes with the development of speech and language skills. Communication difficulties may also adversely affect social, emotional, cognitive, and academic development. Since physical activity and fitness are tied to these developmental constructs, hearing loss may influence physical activity patterns and levels of physical fitness.


**NCPAD Video Corner: Bowling**

Bowling is a very popular recreational and competitive activity enjoyed by individuals of all abilities. It is an indoor activity with minimal equipment adaptations and is easily accessible across the country.


See also this month's NUDGE feature, The Bowling Arm, to see how it can assist those with back problems, poor balance, decreased strength, or arthritis to participate in bowling activities.

**NCPAD Book Corner: Ballerina Dreams**

*Ballerina Dreams* (2007)
By: Lauren Thompson
Photographed by James Estrin
Ballerina Dreams is a beautifully photographed book depicting the story of five young girls with cerebral palsy and other muscle disorders preparing for a ballet recital with the Dancing Dreams therapeutic ballet program in Bayside Queens, New York. Clad in bright, fluffy tutus and ballet slippers, some of the girls also wear leg braces. However, what comes across most strongly is the matching joy on all of their faces as they demonstrate the skills they have honed through their classes with physical therapist and program creator Joann Ferrara. This book, photographed by Pulitzer Prize-winning New York Times staff photographer James Estrin, would make a lovely gift to aspiring young dancers of all abilities.

For more information, contact Liz Noland at 646-307-5041 or Elizabeth.noland@hbpub.com or visit www.feiwelandfriends.com. You may purchase this book from major national chains such as Target or Barnes & Noble, or visit www.booksense.com to search for a bookstore selling this product in your area.

Emerging Evidence in Health and Disability: Comparison of the Clinical and Cost Effectiveness of 3 Intervention Strategies for AIDS Wasting


The objective of this study was to compare an oral steroid hormone with nutrition alone and nutrition plus strength training in order to treat muscle tissue wasting that occurs in people with AIDS. Fifty participants were randomized into 3 groups for 12 weeks and received intensive nutrition intervention in addition to one of the following: (1) placebo pills, (2) 10 mg of oxandrolone (OX) twice a day, or (3) progressive resistance training (PRT). OX and PRT induced similar improvements in body composition, but PRT improved quality of life (including physical functioning and strength) more than nutrition alone or OX, particularly among patients with impaired physical functioning. Progressive resistance training was the most cost-effective intervention (which should encourage third-party payers), and Oxandrolone was the least cost-effective intervention.


NUDGE: The Bowling Arm

This device allows the bowler to deliver the ball without bending down. It is suitable for both social and pennant bowlers, and useful for people with back problems, poor balance, or decreased strength. The Bowling Arm also has the option of a special hand grip for bowlers with arthritis.

The arm is produced in standard and wheelchair sizes with thumb or palm release. Construction is in marine grade alloy with a polyester coating and total weight is approximately 2.2 pounds. The Bowling Arm is approved for all levels of competition by the Australian Bowling Council.

For more information, go to www.achievableconcepts.com.au or contact:
Mike Lanyon
Achievable Concepts Pty Ltd
P.O. Box 361
Moonee Ponds, 3039
Disability and Physical Activity News and Announcements

Reduced Rate Membership for Disability and Health Journal

American Association on Health and Disability (AAHD) is offering reduced-rate memberships until December 31, 2007, to celebrate the launch of its new journal, *Disability and Health*.


International Council on Active Aging® (ICAA)

- The 2007 ICAA Equipment Innovator Award was given to Technogym's Kinesis resistance training system. The Innovator Awards are a series of awards given to recognize creativity and excellence in offerings that promote health, well-being, and quality of life for adults ages 50+. Go to [http://www.icaa.cc/Index.asp](http://www.icaa.cc/Index.asp) to read more.
- Age-Friendly Facility Locator is an online directory of wellness centers that are appropriate for older adults, have met the ICAA Age-Friendly Facility criteria, and have signed the Code of Conduct. Go to [http://www.icaa.cc/facilitylocator.htm](http://www.icaa.cc/facilitylocator.htm) or contact the ICAA at 866-335-9777 or 604-734-4466 for more information.

National Center on Accessibility (NCA)

NCA has been awarded three projects by the U.S. Access Board that focus on trail surfaces, playground surfaces, and museum exhibit access. In addition, NCA continues to conduct accessibility assessments for municipal agencies. Read about these and other accomplishments as well as the following upcoming NCA training programs at [http://www.ncaonline.org/](http://www.ncaonline.org/).

I Can Do It, You Can Do It

The U.S. Office on Disability has initiated this nationwide program to improve the health of the 6 million American children who have disabilities. This program encourages an increase in physical activity and healthy nutritional behaviors by linking children with disabilities with a physically active adult mentor who may or may not have a disability.

For more information, go to [http://www.hhs.gov/od/physicalfitness.html](http://www.hhs.gov/od/physicalfitness.html) or contact the Office on Disability at 202-401-5844.


Exercise may seem best at preventing illness rather than treating it, but a new study suggests that low-impact physical activity could make an immediate difference for people with fibromyalgia. Women with this chronic pain syndrome who exercised moderately for 4 months reported feeling better in a variety of ways.

For NCPAD resources on fibromyalgia, click on the following links:


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**Pedometers Motivate People with Diabetes to Walk More, Medical News Today, November 20, 2007**

The use of a pedometer and a website that tracked physical activity levels proved to be powerful motivators for people with diabetes who participated in a recent walking study conducted by researchers from the University of Michigan Health System and VA Ann Arbor Healthcare System.


NCPAD resource on pedometers:


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**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](http://www.ncpad.org/events/index.php).

**23rd Annual Free Special Camp Fair, Resources for Children with Special Needs, Inc., January 26, 2008, 11:00 a.m. - 3:00 p.m., New York City**

Parents and caregivers of children and teens with disabilities can plan ahead for summer with the information offered at this annual fair. Representatives from 70 northeast day and sleep-away camps, as well as other related organizations, will be on hand to help plan productive summer experiences.

For more information, contact Resources for Children with Special Needs, Inc. at 212-677-4650 or go to [http://www.resourcesnyc.org/rcsn.htm](http://www.resourcesnyc.org/rcsn.htm).

**The Built Environment Assessment Training (BEAT) Institute, June 15-20, 2008, Emory University, Atlanta, Georgia**

Application Deadline: January 18, 2008

The BEAT Institute is designed to train researchers and practitioners to use a variety of measures that are now available to help plan and evaluate changes to the built environment, which can be used as strategies for controlling obesity and improving diet and physical activity.

For more information or to apply, go to [www.sph.emory.edu/BEAT](http://www.sph.emory.edu/BEAT) or contact BEAT staff at BEAT@sph.emory.edu or 404-727-2045.

**2008 Games for Health Conference, May 8-9, 2008, Baltimore, Maryland**

Content Submissions Deadline: January 8, 2008

Send submissions to [content@gamesforhealth.org](mailto:content@gamesforhealth.org)
The Games for Health project has successfully brought together researchers, medical professionals, and game developers to share information about the impact games and game technologies can have on health, health care, and policy. The 2008 conference will feature a large variety of content including Accessibility for Games and Disability-focused Games as well as Virtual Worlds and Health, Exergaming and Rehabitainment, Health Behaviour Change, Cognitive Health, Epidemiology, Health Effects of Games, and Interface and Visualization Applications.

For more information or to register, go to [http://www.gamesforhealth.org/](http://www.gamesforhealth.org/) or contact 888-286-3541.

**International Conference on Aging, Disability, and Independence (ICADI), St. Petersburg, Florida, February 20-23, 2008**

This conference, titled "Advancing Technology and Services to Promote Quality of Life," will bring together researchers, practitioners, business leaders, consumers, and policy makers to focus on independence-related issues of aging. Submissions will be accepted in the areas of smart homes, telehealth, robotics, livable homes and communities, assistive devices, injury prevention, transportation, work, and aging.

For more information, go to [http://www.icadi.phhp.ufl.edu/index.php](http://www.icadi.phhp.ufl.edu/index.php) or contact icadi@phhp.ufl.edu or 352-273-6099.

**Function at the Junction, Part III, February 4, 2008, Chicago, Illinois**

This fundraiser for Schwab Rehabilitation Hospital is a 50-mile ultra-Stairmaster marathon lasting from 5:00 a.m. to 11:00 p.m. at Bally's Sports Club. The event will also feature a documentary on The Halo Man, the second person with tetraplegia to ever run a marathon.

For more information, go to [http://www.halo-man.org](http://www.halo-man.org) or contact 773-536-0792 or haloman7@sbcglobal.net.

**American College of Sports Medicine Health & Fitness Summit, March 24-27, 2008, Long Beach, California**

Experts deliver 4 days of sessions for health and fitness, strength training, and nutrition professionals. This Summit and Exposition was created as a means to bridge the gap existing between the science of sports medicine and practice for the fitness professional, broadly defined.

For more information, or to register, go to [http://www.acsm.org/Content/NavigationMenu/Education/Conferences/HealthFitnessSummit/Summit.htm](http://www.acsm.org/Content/NavigationMenu/Education/Conferences/HealthFitnessSummit/Summit.htm) or contact 317-637-9200 x141 or meetings@acsm.org.

**Employment**

Please see the online links listed for each position and/or go to NCPAD "Jobs" at [http://www.ncpad.org/employment/](http://www.ncpad.org/employment/) for further descriptions and requirements regarding each job listing below.

**3 Faculty Positions, University of Texas at San Antonio, Department of Health and Kinesiology**

The Department invites applications for an Assistant/Associate Professor in Health Promotion, an Associate
Professor in Community Nutrition/Nutrition Education with a joint appointment in the School of Allied Health Sciences, and an Assistant/Associate Professor in Kinesiology in areas of Motor Development and/or Pedagogy.

Website: http://kah.utsa.edu/positions.htm
Inquiries: 210-458-5642

Director of Health Promotion, Lakeshore Foundation, Birmingham, AL

This position will be responsible for ongoing development and successful implementation of a comprehensive health and education program promoting the benefits physical activity and favorably lifestyle changes amongst children and adults with physical disabilities and chronic health conditions.

Website: http://www.lakeshore.org/index.php?src=jobs
Applications: Debbie Smith, Human Resources, 4000 Ridgeway Drive, Birmingham, AL 35209, DebbieS@lakeshore.org
Inquiries: Same

Arizona State University (ASU), Department of Exercise and Wellness (2 Positions), Mesa, Arizona

1.) Professor and Chair
   Application Deadline: January 15, 2008
   The Department seeks an experienced leader to chair a growing academic department with a vision to become nationally recognized in research promoting healthy lifestyles.

2.) Assistant Professor in Health Promotion and Technology
   Application Deadline: January 5, 2008
   The Department seeks a candidate to perform independent and collaborative research and to teach graduate and undergraduate courses in health promotion and technology related to physical activity and wellness.

Website: http://www.poly.asu.edu/saas/wellness/jobs/
Inquiries: Dr. David Schwalm, 480-727-1644, DAVID.SCHWALM@asu.edu

Director, Camp Hope Illinois, Lake Forest, Illinois

This is a year-round (primarily summer), part-time position at a 5-day recreational and residential summer camp in the Chicago area for children, teenagers, and young adults with developmental disabilities.

Website: http://www.camphopeillinois.org
Inquiries: Lillie Romeiser, Camphopeillinois@aol.com

Prevention Specialist - Built Environment (Physical Activity and Nutrition Team), Tacoma-Pierce County Health Department, Washington

The Prevention Business Unit is seeking to fill one regular, full-time position to develop and implement programs, projects, and processes designed to increase physical activity among selected Pierce County populations.
Postdoctoral Fellows, Department of Nutrition, University of North Carolina, Chapel Hill

Position 1: Epidemiologic studies of obesity and physical activity
Position 2: Studies of obesity prevention in children

Applicants should be interested in both data collection and analysis, and have some experience in the design and implementation of trials. Experiences will include data analysis, manuscript preparation, and involvement in writing grant proposals. Participation in classroom courses is also available. United States citizenship is not required; however, candidates must speak and write English fluently.

Applications: June Stevens, Professor and Chair, 919-966-7218, June_Stevens@unc.edu
Inquiries: Same

Assistant/Associate Professor in Obesity Prevention and Control, Department of Health and Human Performance, University of Houston, Texas

The Department is seeking a health specialist with an earned doctorate in physiology, epidemiology, nutrition, or psychology with an established record of investigating facets of obesity and associated health problems.

Website: http://www.uh.edu/provost/fac_openings/hhp10.html
Inquiries: Dr. Mark Clarke, mclarke@mail.uh.edu

Assistant Professor, Department of Recreation, Park and Tourism Management, Penn State University, University Park, Pennsylvania

The Department invites applications for a tenure-track position expected to continue or develop a funded, focused line of research; teach undergraduate and graduate courses; supervise student research; and provide service to the Department, College, and University.

Send letter of application, resume, supporting materials, and contact information for three professional references.

Applications: Dr. Harry C. Zinn; Dept of Recreation, Park & Tourism Management, 801 Ford Building, University Park, PA 16802-1307
Inquiries: Dr. Harry Zinn, hzinn@psu.edu, 814-863-7849

Applied Research Scientist, Health Behavior Change, the Oregon Center for Applied Science (ORCAS), Eugene, Oregon

ORCAS has an opportunity for applicants with a background in public health, health education, health psychology, prevention science, research methodology/statistics, or a related discipline. Applicant must be interested in creating effective intervention programs to address significant public health issues.

Applications: apply@hpcareer.net
Inquiries: HR@orcasinc.com

Exercise Science Assistant Professor (2 positions), University of Nebraska at Kearney
The University invites applications to fill two tenure-track faculty positions to build a program with research and public health promotion emphasis in nutrition, physical activity, and obesity prevention.

Website: https://employment.unk.edu/
Applications: https://employment.unk.edu/ (apply online), employment@unk.edu
Inquiries: Kate Heelan, Director, 308-865-8180, heelanka@unk.edu; or 308-865-8655

**Assistant/Associate Professor of Exercise Physiology, Department of Exercise, Sport, and Leisure Studies, University of Tennessee, Knoxville**

The Department is seeking an applied researcher in health behavior change with an earned doctorate in exercise physiology or related discipline and research specialization in the application of exercise physiology to combat current problems such as obesity, chronic disease, or youth inactivity.

Website: http://cehhs.utk.edu/news/positions.html
Applications: David Bassett, Dept of Exercise, Sport, and Leisure Studies, 1914 Andy Holt Avenue, Knoxville, TN 37996-2710; Phone: 865-974-9045, Fax: 865-974-8981
Inquiries: Same

**Program Coordinator, TRAILS, Kenai Peninsula Independent Living Center, Homer, Alaska**

TRAILS is an inclusive recreation program that serves three major communities on the Kenai Peninsula. This position is responsible for developing and implementing year-round activities and adventure. The applicant must have experience working with individuals of various ages and disabilities in the arena of recreation and must be a skilled fund raiser.

Send resume and cover letter.

Applications: ilc@xyz.net
Inquiries: Same

**Program Coordinator II (Exercise Interventionist), Arnold School of Public Health, Prevention Research Center, University of South Carolina, January 2, 2008**

This position will be part of a team carrying out research objectives for a community-based intervention focused on diet and exercise among predominately African-American, economically disadvantaged women.

Website: https://uscjobs.sc.edu/
Applications: https://uscjobs.sc.edu/LINKS don't work
Inquiries: Human Resources Employment Office, (803) 777-3821

**Assistant/Associate Professor, Department of Nutrition, Food Studies and Public Health, New York University (NYU), New York City**

NYU invites candidates with an advanced degree in Public Health for this tenure-track appointment.

Candidates should send a cover letter discussing qualifications, curriculum vitae, and five references.

Applications: Professor Sally Guttmacher, 35 West 4th Street, 10th Floor, New York, NY 10012-1172, Phone: 212-998-5580, Fax: 212-995-4194, nutrition@nyu.edu (subject: faculty search)
Inquiries: Same
Physical Activity Behavior and Health Faculty Position, Department of Kinesiology, University of Georgia, Athens, Georgia

The Department seeks to fill a full-time, tenure-track position at the assistant or associate professor rank in the area of physical activity behavior and health. Applicant is to have preferred research and teaching expertise related to public health/preventive medicine, with a particular emphasis on children and youths.

Send letter of application, curriculum vita, reprints of three recent scholarly research articles, and three references.

Website: http://www.coe.uga.edu/employment/kinesiology/
Applications: Rod Dishman, rdishman@uga.edu
Inquiries: Rod Dishman, 706-542-9840

Assistant/Associate Professor, Department of Kinesiology, Michigan State University, East Lansing, Michigan

The Department is seeking a behavioral scientist specializing in prevention or public health with an expertise in physical activity intervention, which may also include exercise and sport settings.

Send application, curriculum vita, reprints of up to three recent publications and three references.

Website: http://edweb6.educ.msu.edu/kin
Inquiries: jce@msu.edu, kap@msu.edu, carls122@msu.edu, or fiferang@msu.edu.

Tenure-track Faculty Positions (2), Department of Kinesiology, Boise State University, Boise, Idaho

Two positions are available for individuals with primary expertise in biomechanics and measurement/statistics and secondary qualifications in health education/promotion, exercise science, or athletic training.

Website: http://hrs.boisestate.edu/joblistings/faculty/ed0011_12-78.shtml
Inquiries: Linda Petlichkoff, 208-426-1231, lindapetlichkoff@boisestate.edu
Ron Pfeiffer, 208-426-3709, rpfieffer@boisestate.edu.

Grants

Research to Aid Persons with Disabilities (RAPD)
Deadline for Applications: March 1, 2008

The RAPD program supports research that will lead to the development of new technologies, devices, or software for persons with disabilities. Research may be supported that is directed to the characterization, restoration, and/or substitution of human functional ability or cognition, or to the interaction of persons with disabilities and their environment. Areas of recent interest include disability-related research in neuroscience/neuroengineering and rehabilitation robotics.

Applicants are encouraged to contact a program director prior to submitting a proposal. For more information, please go to http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=501021 or contact Robert
Research on Co-Morbid Mental and Other Physical Disorders (R01), National Institute of Mental Health (NIMH) and the National Institute of Nursing Research (NINR), January 7, 2011

The NIMH and NINR solicit grant applications that propose studies on the co-occurrence and co-morbidity of mental disorders with other physical disorders with the goal of identifying modifiable risk and protective factors, and to translate the results into initial tests of prevention and early intervention strategies. This FOA encourages research on the efficacy, effectiveness, long-term outcome, and safety of preventive, treatment, and rehabilitative interventions across the lifespan; clinical trials and intervention studies targeting functional and symptomatic outcomes adapting pharmacological, psychosocial, behavioral, or environmental approaches individually or in combination; studies to improve the recruitment and retention of individuals with co-morbid disorders in real-world practice settings; and research on the impact of separate organizational systems and different financing mechanisms for mental and other physical disorders.


Opportunities for Participation in Research

Measuring Physical Activity in Persons with Physical Disabilities, University of Illinois at Chicago (UIC)

The Department of Disability and Human Development at UIC is conducting a research study to develop a valid measure of physical activity specific to persons with physical disabilities. Participants will be asked to complete a web-based physical activity survey. To be eligible to participate in this study, you must be at least 18 years of age, understand and read English, and have one of the following mobility impairments: spinal cord injury, spina bifida, multiple sclerosis, cerebral palsy, muscular dystrophy, stroke, or history of polio or post-polio syndrome.

To participate, go to [http://rercrectech.org/pads](http://rercrectech.org/pads). For questions, please contact Dr. Barth Riley, Research Assistant Professor, at 312-355-4054 or barthr@uic.edu.

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](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.

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