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NCPAD NEWS: November 2003

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

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Project Coordinator Position Opening in Physical Activity and Disability

The National Research Center on Physical Activity, Health Promotion, and Disability seeks qualified candidates for a full-time Project Coordinator to handle clinical and administrative duties related to the Center's goals and mission. The Project Coordinator works closely with the Associate Director to achieve all goals and objectives of the newly-funded CDC project titled, "A Physician-Referred Community-Based Approach to Increasing Awareness and Sustainability of Physical Activity for Overweight Adults with Mobility Limitations."

Responsibilities will include recruitment and screening of participants, conducting exercise testing, supervising and coordinating all exercise interventions including staff management, managing data, serving as the liaison between external staff and the Center, networking within the professional community, and evaluation.

The candidate must have a minimum of a Baccalaureate Degree (Master's or Ph.D. degree preferred) in the appropriate field, as well as 3 to 5 years experience in an exercise-related setting. The individual must be highly motivated and have some background or interest in the use of computer software programs for designing physical activity interventions.

Send a cover letter, complete resume, and the name, address, and telephone number of three references by December 1, 2003 to

James Rimmer, Ph.D., Director
National Research Center on Physical Activity, Health Promotion, and Disability
University of Illinois at Chicago
1640 W. Roosevelt Road, Suite 711
Chicago, IL 60608-6904

This position is located at Chicago.

For more information about the position, please contact Amy Rauworth at 312-355-1584 or rauworth@uic.edu.

American Public Health Association: November 2003 DisAbility SPIG Conference Highlights


Dr. Glen White will deliver one of the closing keynote speeches on Wednesday, November 19, from 5 p.m. to 5:20 p.m., entitled "Disabilities as a Public Health Issue." Be sure to stay for this interesting closing presentation.

Become a member of the APHA DisAbility Special Interest Group (SPIG)! View the DisAbility SPIG’s exciting program for this year's conference at http://www.ncpad.org/newsletter/newsletter.php?letter=8§ion=89. Sessions include topics such as disability and technology, measurement, health and wellness promotion, and community accessibility.
**Director's Corner: Follow the Five M's to Good Health**

On a chilly late-October morning, I woke up at my customary 5:30 a.m. and sat down at my desk attempting to craft words into sentences and sentences into paragraphs, hoping that writer's 'block' would not get the best of me. After several hours of 'intensive' writing, it was time to move. The 5 hours of non-movement, combined with the previous 7 hours of sleep, created stiffness and discomfort that made my body feel as if it were held together by tightly-wound rubber bands.

As anyone who sits in front of a computer screen for most of their workday knows, writing without movement is like a dog without a master. NCPAD's desire is to assist people with disabilities to move more because Moving More Means More Mobility, something I have started to refer to as the "five M's to good health."


**NEW and Useful Resources in Physical Activity and Nutrition for People with Disabilities!**

**New Exercise Video Clip**

NCPAD introduces its new strengthening and flexibility video clip, featuring a series of eight exercises, including neck stretch, wrist flexion, overhead stretch, upper trunk flexion, and others. Try them out at [http://www.ncpad.org/mediassets/stretching/default.htm](http://www.ncpad.org/mediassets/stretching/default.htm) and let us know what you think at ncpad@uic.edu.

**Nutrition Resource for People with Disabilities**

Click on the Illinois Center on Health Promotion, Nutrition, Physical Activity and Disability web site at [http://www.ncpad.org/nutrition/](http://www.ncpad.org/nutrition/), funded by the Illinois Attorney General's Office. Content areas include general nutrition guidelines, food labels, food guide pyramid, estimating serving sizes, and more.

**From the Information Specialist's Desk**


3. NCPAD participated in the National Therapeutic Recreation Society Poster Session at the National Recreation and Park Association Congress held October 23 in Saint Louis, MO. This session provided a forum for professionals to share and learn about innovative therapeutic recreation programs and education opportunities throughout the nation.

4. Accessible exercise, sports, and recreation program update: thank you for your submissions and please continue to send us information on disability-friendly exercise, sports, or recreation programs. Once all entries have been reviewed, they will be updated to the NCPAD website. If you have
New NCPAD-RIC Information Specialists

This month, NCPAD adds two new information specialists to its team. Mitchell Carr and Elizabeth Moeykens will serve in this position at the Rehabilitation Institute of Chicago (RIC) site.

Mitchell Carr, M.S. Ed has been working in the Health and Fitness field for 5 years, and has spent the last 4 years as Fitness Coordinator of the Helen M. Galvin Center for Health and Fitness at the Rehabilitation Institute of Chicago. He has also been engaged with research projects involving fitness and people with disabilities, as well as sports programs. He was coach of the disabled Powerlifting team at the Rehabilitation Institute of Chicago from 1999-2003 and is a certified United States Quad Rugby Official.

Elizabeth Moeykens received her B.A. in Psychology and a minor in Biology from Saint Mary's College in May 2003 and plans to pursue a doctorate degree in physical therapy. She is currently a fitness instructor at the Rehabilitation Institute of Chicago's Helen M. Galvin Center for Health and Fitness and previously has worked as an intern where she helped develop adaptive water skiing clinics and golf programs.

NCPAD Research Abstracts in Physical Activity and Disability

PHYSICAL ACTIVITY LEVELS ARE LOW IN ADULTS WITH SPINAL CORD INJURY


Research indicates that persons with spinal cord injury exhibit a high prevalence of cardiovascular disease, and are also highly susceptible to obesity, perhaps due to a lack of physical activity or physical activity opportunities.

The physical activity levels of 27 men and women with chronic paraplegia were compared to the levels recommended by the World Health Organization. 70.4% of the study participants were obese, which was associated with low levels of physical activity, especially in the group with complete spinal cord lesions.

Overall, it is recommended that persons with paraplegia increase the frequency, duration, and/or intensity of their physical activity to limit obesity and cardiovascular disease risk factors by improving mobility and functional tasks with a combination of flexibility, strength training, and aerobic fitness.


FUNCTIONAL STRENGTH TRAINING IN CEREBRAL PALSY


Cerebral palsy impairs motor performance by reducing muscle strength and motor control. Training programs aimed at improving strength, endurance, and overall physical fitness have gained increasing popularity among people with cerebral palsy. The purpose of this study was to test a lower-limb exercise program on the motor function of children with cerebral palsy in a group training class.
Study participants were comprised of eight children between 4 and 8 years old. Their training program was 4 weeks long, with training sessions of 1 hour per day. The goal of the sessions was to maximize functional improvement with exercises that were similar to daily tasks.

Results of the study showed improvement in muscle strength and functional ability tests. The functional strength training utilized in the study mimicked tasks the children encounter in daily activities. The repetitive practice of weight-bearing exercises increased isometric strength while focusing on essential motor skills. The children were able to walk at a higher velocity with larger steps and a quicker cadence, walk a farther distance, and rise out of a lower chair unaided. The results emphasize the importance of the specificity of training to improve performance on functional motor skills and utilizing a training method that is enjoyable to encourage participation and adherence. Read the complete abstract at http://www.ncpad.org/research/fact_sheet.php?sheet=151.

New Recreation Fact Sheets Available from the National Center on Accessibility

The National Center on Accessibility has published monographs for assistance to park and recreation professionals planning improvements to program and facility access. They can also be of assistance to people with disabilities advocating for improved accessibility within their community parks. Topics include trail surfaces, campground accessibility, and access to beaches. The fact sheets are available on the NCA web site at http://www.ncpad.org/newsletter/newsletter.php?letter=8§ion=89.

Two Major Health Journals Present Special Issues Examining Impact of Built Environment on Health

People who live in more sprawling areas generally weigh more and are more likely to have high blood pressure, according to a national study released on August 28. The study is the first to link obesity directly to the built environment and appears in the September edition of the peer-reviewed American Journal of Health Promotion. The American Journal of Health Promotion and the American Journal of Public Health have devoted their September issues to an unprecedented examination of how community design affects health.

Read the entire article, and related work at http://www.ncpad.org/newsletter/newsletter.php?letter=8§ion=89.

BunniSteps' New Adaptive Exercise Machine for People with Mobility Impairments: the eVO

eVO is the revolutionary, motor-assisted, stationary exercise bike that was originally named "The Rabbit." David Sellers, evO developer and company founder, designed the bike so that his wife, Dee, could continue long-term physical therapy after having a severe stroke. evO potential benefits that are currently being investigated include improved strength, endurance, flexibility, cardiovascular and physical functioning; increased range of motion; decreased spasticity; and minimal joint stress.

evO comes in two models, with adjustable handlebars, foot pedals, and seating. The motor is modulated by the user, and custom options are available, including seat design, head extension/rest, stable foot pedal, swivel seat, adjustable seat back, and increased RPMs.

For more information, contact BunniSteps at 866-334-7525 or see its Web site at http://www.ncpad.org/newsletter/newsletter.php?letter=8§ion=89.
Energy Entertainment, Inc., for Children with Disabilities

Energy Entertainment, Inc., located in Lebanon, PA, provides young people ages 6 to 16, including those with disabilities, an opportunity to develop, expand and gain musical and performing experience as group members. Participants can then share the talents they have and what they learn in live public performances. Energy Entertainment began in 1990 and has grown from 27 to 75 members.

Energy Entertainment's summer-long program of instruction in musical performance includes singing, sign language, dance, choreographed motion, and public performing. The singers give approximately 40 public performances each summer, before a variety of venues, such as local nursing homes, county fairs, and other special events.

Energy Entertainment was founded on the values of inclusion of all youth in its activities. To participate in an audition, a child must only attempt to sing or sign a simple song. Many children perform on stage in wheelchairs, or with the assistance of walkers or on crutches. The group consists of children with developmental disabilities, such as cerebral palsy, spina bifida, visual and hearing impairments, Down syndrome, developmental delays, learning disabilities, stroke, muscular dystrophy, and emotional disorders.

To learn more, contact Fred LaPoint, Board President, at fredl@nbn.net.

Abilities Expo

Abilities Expo, the leading show dedicated to educating and improving the lives of people with disabilities, senior citizens, and caregivers, is a great place for people with disabilities to discover new products and services. Products are conveniently displayed for you to see, test and compare. The expo also hosts a series of free workshops and seminars.

The final show for the season will be held in northern California November 14-16.


Active Aging 2003: Communicating the Message of Physical Activity to the Older Adult

The International Council on Active Aging’s (ICAA’s) Active Aging 2003 Conference will take place December 3-6 in Orlando, FL in conjunction with the Athletic Business Conference and Expo, the conference will offer an outstanding selection of seminars and workshops taught by industry professionals selected for their professionalism, knowledge, and industry experience. Choose from 11 seminar tracks, including the following topics: physical activity interventions, creating a wellness lifestyle, and splash balance, among others.

For more information or to register, contact ICAA at 866-335-9777 or http://www.ncpad.org/newsletter/newsletter.php?letter=8$ion=89.

NCA Training Course: A Universal Approach to Interpretive Planning, Programs, and Design

On December 8-12 in New Orleans, LA, the National Center on Accessibility will teach one of its most popular training courses, "A Universal Approach to Interpretive Planning, Programs, and Design" which focuses on interpretive programs and facilities that are not only accessible to people with disabilities, but
 usable by people of all abilities. NCA brings this course to New Orleans during the bicentennial celebration of the Louisiana Purchase; in addition to a great training opportunity, there are various special events around the city to commemorate the purchase of land that doubled the size of the United States overnight.

The course is ideal for interpreters and interpretive planners, educators, accessibility coordinators, program coordinators, curators, and exhibit planners, designers and fabricators. Educational sessions will provide an understanding of the needs of people with disabilities and the application of the principles of Universal Design to interpretive programs. Sessions will highlight evolving use of accessible technology for multimedia programs while addressing access to exhibits, audiovisual programs, museum and education programs, published materials, and communications. Drawing on the rich interpretive programs within New Orleans, local sites will be used for field exercises, including the Aquarium of Americas, the NPS Visitor Center, the Cabildo, the Mardi Gras museum, and the Jazz museum.

For more information on registering for this training program, visit the National Center on Accessibility web site at http://www.ncpad.org/newsletter/newsletter.php?letter=8§ion=89.

**Exercise and Rehabilitation Technology Specialist Position Opening**

The Rehabilitation Engineering Research Center on Recreation Technology (RERC RecTech) seeks qualified candidates for a full-time Rehabilitation Technology Specialist who will work closely with the Director and Associate Directors to operate the Rehabilitation Engineering Research Center on Recreational Technologies and Exercise Physiology Benefiting Persons with Disabilities, funded by the National Institute on Disability and Rehabilitation Research (NIDRR).

The successful candidate will be responsible for all rehabilitation-engineering aspects of the Center, such as designing new equipment and retrofitting existing equipment for recreation and fitness for people with disabilities, facilitating the correspondence and collaboration with all project staff, publishing articles related to the research conducted, participating in the development and instruction of a graduate-level recreation technology course, and networking within the professional community and private industry.

The candidate must have a minimum of a Master’s degree with a Ph.D. or ABD (All But Dissertation) preferred in the appropriate engineering or rehabilitation field. In addition, 1 to 5 years' experience in a similar setting, administering one or more components of a similar project and demonstrated research or academic abilities is highly recommended.

This position is located at Chicago.

For full consideration, send a cover letter, complete resume, and the name, address, and telephone number of three references to:

James Rimmer, Ph.D., Director
Rehabilitation Engineering Research Center on Recreation Technology
University of Illinois at Chicago
1640 W. Roosevelt Road, Suite 711
Chicago, IL 60608-6904

**Predoctoral and Postdoctoral Fellowships in Gerontological Public Health**

The School of Public Health at UIC, through the Health Research and Policy Centers, is currently accepting applications for predoctoral and postdoctoral fellowships in Gerontological Public Health. This training
program is sponsored by the National Institute on Aging and provides funding support for up to 4 years for predocs and 2 to 3 years for postdocs.

This is an integrated multidisciplinary program with academic faculty and researchers in public health, gerontology, geriatrics, epidemiology, biostatistics, psychology, sociology, disability and human development, medicine, and occupational therapy. The goal of the program is to develop highly trained future faculty and researchers in health and aging. This program focuses on developing research skills through mentoring, a comprehensive curriculum, presentations and publications, and internal workshops and seminars. Fellows will be matched with a faculty mentor working in their area of interest for intensive training, collaboration and scholarship.

Women and minority candidates are encouraged to apply. Candidates must be U.S. citizens or permanent residents. For more information, see the Web site at: http://www.ncpad.org/newsletter/newsletter.php?letter=8§ion=89.

or contact:
Jan Warren-Findlow
Gerontological Public Health Training Program Coordinator
Center for Research on Health & Aging (MC 275)
850 West Jackson Blvd., Suite 400
Chicago, IL 60607
E-mail: jwarre2@uic.edu,
Phone: 312-413-9809, Fax: 312-996-2703

November 2003 Links Page

1. American Public Health Association (APHA) Annual Meeting: http://apha.org/meetings/

2. APHA DisAbility Special Interest Group (SPIG):
   http://apha.confex.com/apha/131am/techprogram/program_308.htm


4. The International Council on Active Aging:
   http://www.icaa.cc/MemberPRcampaigns/nationaldiabetesmonth.asp

5. Alzheimer's Association: http://www.alz.org/AboutUs/Leadership/NADM.htm


7. National Center on Accessibility Recreation Fact Sheets:
   http://www.ncaonline.org/monographs/index.shtml

8. Two Major Health Journals Present Special Issues Examining Impact of Built Environment on Health:
   - http://www.smartgrowthamerica.org
   - http://www.healthpromotionjournal.com (Health Promotion Journal)


12. NCA Training Course: http://www.ncaonline.org/training/univdesign.html


About NCPAD

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 Web site at http://www.ncpad.org or by calling our toll-free number: 1-800-900-8086. Alternative formats are available.

NCPAD's Partner Affiliates

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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