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NCPAD NEWS: February 2007

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From the Editor's Desk: It's All About the Heart

As we make our way through American Heart Month, NCPAD offers you resources on eating well to prevent heart disease, and a research review on the benefits of resistance training on risk of coronary artery disease in women with multiple sclerosis. Our new DVD focuses on exercises to increase core body strength and stability, and the Discover Leisure booklet helps one to understand the value and importance of leisure for children with disabilities.

Finally, we review several inspirational stories, including a documentary about Paralympic swimming champion Cheryl Angelelli, ice climber Warren MacDonald, and a book review about the benefits of sled hockey competition for a boy with spina bifida.

Read on for more information, and please send your questions and comments to Jennifer Gray-Stanley, NCPAD News Editor, at jegray@uic.edu.

Director's Column: Inclusive Fitness Coalition Will Open Doors for People with Disabilities

We're about to witness a great change in the fitness industry. The time has finally come for club owners, manufacturers of exercise and recreational equipment, and architects and developers who design and build health clubs, parks, and playgrounds to understand the importance of making fitness facilities and programs more *inclusive*, so that people with disabilities can have an enjoyable and engaging experience like any other club member.

Read the entire column at http://www.ncpad.org/director/fact_sheet.php?sheet=500.

From the Information Specialist's Desk: Heart-Healthy Resources

NCPAD NEWS & PRODUCTS

Be good to your heart, and strive to achieve your fitness goals in February! MyNCPAD provides tools for your ongoing physical activity progress (<http://www.ncpad.org/myncpad/>).

These include:

- E-Valuators: surveys that help to assess your barriers to physical activity and current levels of physical activity.
- E-Steps: to help you track your daily activity. The NCPAD pedometer factsheet (http://www.ncpad.org/exercise/fact_sheet.php?sheet=420) provides essential information on using a pedometer.
- E-Calculators: determine your BMI (Body Mass Index) or target heart rate.
- E-Logbook: to track your goals and improvements.
- E-Forums: an opportunity to share your progress with other MyNCPAD users.

In anticipation of the upcoming camp season, please review the NCPAD Camp Resources factsheet (http://www.ncpad.org/fun/fact_sheet.php?sheet=88) to locate a camp in your area and Discover Camp (<http://www.ncpad.org/get/discover/index.html>) to answer questions of what to expect at a camp for individuals with disabilities.

OTHER NEWS

- **Inclusive Fitness Coalition (IFC):** The IFC, a partnership initiative between NCPAD and the American College of Sports Medicine (ACSM), was launched with powerful momentum before a capacity crowd at the National Press Club in Washington, DC on January 24th. Coalition efforts will

be focused on addressing policy, environmental, and societal issues associated with the lack of access to physical activity among people with disabilities, and are based on the U.S. Surgeon General's First Call to Action on the Health and Wellness of People with Disabilities

(<http://www.surgeongeneral.gov/library/disabilities/calltoaction>). To learn more, visit www.incfi.org.

- **Release of IOM Workshop Summary on Adequacy of Evidence for Physical Activity:** Sponsored by the U.S. Department of Health and Human Services, and a joint project of the Institute of Medicine's Board on Population Health and Public Health Practice and its Food and Nutrition Board, "Adequacy of Evidence for Physical Activity Guidelines Development" was publicly released on January 25, 2007. A copy of the summary is available for download at no charge from the National Academies Press website (www.nap.edu, search on "physical activity"). Included is the available evidence related to physical activity and the general population, as well as special population subgroups including children and adolescents, pregnant and postpartum women, older adults, and persons with disabilities. Contact Geraldine Kennedo at gkennedo@nas.edu with questions.
- **ICAA Physical Activity Tools for Older Adults:** ICAA Information for the older adult on becoming more active in 2007. Links include topics on questions to ask your doctor, an age-friendly fitness checklist, a personal trainer checklist, and health tips, such as a variety of self-assessment tools. Go to <http://www.icaa.cc/welcomeback.htm>, http://www.icaa.cc/FacilityLocator/p-heathltips_.htm#6.
- **Health-Related Information and Resources for Persons with Down Syndrome:** <http://www.k12academics.com/downsyndrome.htm>.
- **Mental Acuity Linked to Physical Fitness:** Physical fitness is linked to mental acuity in older age (I.J. Deary, L.J. Whalley, G.D. Batty, and J.M. Starr. (2006). Physical fitness and lifetime cognitive change. *Neurology*, 67, 1195). Read more at <http://www.alzinfo.org/newsarticle/anmviewer.asp?a=172&z=1>.
- **Exercise Your Ability:** *Exercise Your Ability, 2nd edition*, by the New York City Sports Commission, provides information on a variety of adapted sports and recreational programs throughout the U.S. Go to <http://www.nyc.gov/html/sports/html/eya2-pr.html> for information.
- **Obesity Awareness and Prevention Program for Children:** Rollie Robin is an obesity awareness and prevention program designed to encourage physical activities and healthy food choices among children in preschool to 3rd grade at www.rollierobin.com.
- **ADA Basics Course:** Visit <http://www.adabasics.org> to register for a 12-topic Americans with Disabilities Act Basics Course. This is a free course. CEU's are available for a fee.

MONTHLY NATIONAL HEALTH OBSERVANCES

- February is American Heart Month. Go to www.americanheart.org, www.nhlbi.nih.gov/health/hearttruth (T: 301-592-8573), www.womansheartday.org (T: 301-718-8033) for more information on the prevention of heart disease and stroke. Also, see NCPAD's factsheet on congestive heart failure (<http://www.ncpad.org/disability/factsheet.php?sheet=401&ion=2258&PHPSESSID=>),

- Congenital Heart Awareness Week was celebrated February 7-14. Go to www.tchin.org/aware for more information, or call T: 215-627-4034.
- National Eating Disorders Awareness Week will be observed February 25-March 3. Go to www.nationaleatingdisorders.org, or call 800-931-2239.

New NCPAD Booklet: Discover Leisure

“Discover Leisure: Educating Children with Disabilities for a Fun-Filled Life” is written to assist parents in understanding and appreciating the value of leisure in the current and future lives of their children. This resource also serves to help parents and others think about, plan for, and assist children in learning valuable leisure-related skills.

Hard copies are available by calling NCPAD at 800-900-8086: see the web-based version at <http://www.ncpad.org/get/discoverleisure>.

NCPAD Video Corner: Core and Stability Exercises for Stroke Survivors and People with Multiple Sclerosis

The National Center on Physical Activity and Disability (NCPAD) presents a great new resource for stroke survivors, persons with multiple sclerosis, and/or wheelchair users, as well as rehabilitation centers and fitness centers! The DVD, which includes "Core and Stability Exercises for Stroke Survivors and People with Multiple Sclerosis," as well as "How to Prevent Rotator Cuff Injuries for Wheelchair Users," is a compilation of exercises produced by NCPAD and the Rehabilitation Institute of Chicago (RIC), and funded by the Christopher and Dana Reeve Paralysis Resource Center.

For more information, and to order, go to http://www.ncpad.org/videos/fact_sheet.php?sheet=499.

Untold Dreams

Untold Dreams is the inspiring documentary about two-time Paralympian and national swimming champion Cheryl Angelelli. Cheryl began swimming at a very young age, and by 8 years old she was swimming competitively. At the age of 14, Cheryl was injured in a diving accident that resulted in quadriplegia.

Despite these obstacles, she was named Miss Wheelchair Michigan, and runner-up as Miss Wheelchair America. She earned her degree in communications and became a freelance journalist. While on assignment at the Paralympics, Cheryl discovered the world of competitive sports for athletes with disabilities. This motivated her to return to the water. She began training with a coach for the 2000 Paralympics in Sydney, Australia, where she finished 6th in the world in the 200 freestyle. Cheryl went on to win a bronze medal at the 2004 Paralympics in Athens, Greece in the 200 freestyle and 4 x 50 freestyle relay.

Untold Dreams is filled with interview clips of Cheryl, her parents, friends, and coaches. These individuals help to chronicle Cheryl's life, from a struggling teenager dealing with her disability to winning medals at the Paralympics.. For more information about Cheryl's story or to purchase *Untold Dreams*, visit www.untolddreams.net.

Focus on Secondary Condition Prevention: Enabling Fitness Environments and Empowering People with Multiple Sclerosis to Increase Exercise and Improve

Health

Article Review: A Qualitative Analysis of a Progressive Resistance Exercise Programme for People with Multiple Sclerosis

Secondary conditions can take the form of physical, environmental, and social consequences that impact the health of people with disabilities. In the journal *Disability and Rehabilitation*, Dodd, Taylor, Denisenko, & Prasad (September 2006; 28(18): 1127-1134) explored perceptions of a progressive resistance exercise program for adults with multiple sclerosis. Barriers and facilitators to exercise can become important determinants of long-term adherence to fitness and health promotion programs, which can help to mitigate or prevent secondary conditions such as fatigue, pain, and muscular weakness.

To read the entire column, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=498.

Rectech's National Users with Disabilities Group Exercising (NUDGE): Unity Surfacing Systems

Unity Surfacing Systems specialize in unitary, rubberized safety surfacing, flooring, and paver products. They come in a wide variety of colors and thicknesses to fit your needs, both indoors and out, meeting or exceeding ADA, CPSC, and ATSM safety guidelines. Product lines include Tough-Land, Pave-Land, Soft-Land, and Play-Land. They can be used in areas such as walkways, basements, walls, playgrounds and schools, weight rooms, recreational areas, and pools and patios; areas that support heavy weights and/or objects; as well as areas where a soft flooring, surface, or landing area is needed, such as an assisted living complex or daycare center.

For more information, contact Erick B. Prinz, Unity Surfacing Systems, at erickbprinz@surfacingystems.com, 1-877-41-UNITY, or visit <http://surfacingystems.com/>.

Emerging Evidence in Health and Disability: Effect of Resistance Training on Risk of Coronary Artery Disease in Women with Multiple Sclerosis

White, L.J., McCoy, S.C., Castellano, V., Ferguson, M.A., Hou, W., Dressendorfe, R.H. (2006). Effect of resistance training on risk of coronary artery disease in women with multiple sclerosis. *Scandinavian Journal of Clinical & Laboratory Investigation*, 66(4), 351-5.

Physical activity is often recommended to healthy populations to reduce Coronary Artery Disease (CAD). This study tested the hypothesis that a short-term resistance training program would be associated with a reduction in CAD risk factors in women with MS.

CAD risk factors were assessed both before and after the program. Static strength of knee extensors and ankle flexors increased significantly, while self-reported fatigue decreased after training. The number of elevated CAD risk factors for each subject was also significantly lower after training. These findings suggest that short-term resistance training may be able to reduce CAD risk factors in ambulatory females with MS.

http://www.ncpad.org/research/fact_sheet.php?sheet=497.

Nutrition Spotlight: Heart Healthy Nutrition

As heart disease is the number-one killer of men and women in the United States, and stroke is number three, learning to eat a heart-healthy diet is an essential part of both preventing and attaining good health and well-being.

Eating a heart-healthy diet can be achieved through many approaches. To start, consider what key factors contribute to prevention. To follow your heart-healthy diet, make small changes over time, rather than several changes at once.

Read the entire column and recipes at http://www.ncpad.org/nutrition/fact_sheet.php?sheet=495.

Community Voice: Warren MacDonald: Fearless Climber

Warren MacDonald was born in Melbourne, Australia, in 1965 and grew up in the Chicago suburbs. From a young age, he was very active, and enjoyed catching lizards, fishing, and exploring the outdoors.

In April 1997, Warren experienced an unfortunate climbing accident, spending two days trapped beneath a one-ton boulder on a remote island of the coast of Australia. He lost both of his legs above the knee due to crush injuries. Post-injury, Warren has told his story on the Oprah Winfrey and Larry King Live shows, and was also featured on the show, "I Shouldn't Be Alive," which airs on the Discovery Channel.

Yet Warren's disability has not prevented him from doing what he loves. He still enjoys rock climbing, but his primary sport these days is ice climbing. He was introduced to ice climbing in 2003 and has not looked back since. Warren holds the record as the only double-above-knee amputee to reach the summit of Africa's Mt. Kilimanjaro (5,895 m), as well as the only double-above-knee amputee to climb El Capitan (28,000 ft) in Yosemite National Park. He has raced in two triathlons, as well as competed in the Australian National Hand Cycling Championships.

Read the entire article at http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=496.

Events

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

Body Worlds 2, Chicago, IL, January 17-April 29, 2007

Gunther von Hagen's BODY WORLDS 2: The Anatomical Exhibition of Real Human Bodies, will soon appear at the Museum of Science and Industry. Using a preservation process called plastination, BODY WORLDS 2 displays healthy and diseased organ specimens, which underscore the importance of a healthy lifestyle. The exhibit also features full body plastinates posed in athletic positions, which help one to understand how we respond to movement.

A member of each organization and up to four guests can receive discount tickets to the event at www.msichicago.org/bw2/PDF/discount.pdf.

For more information, go to http://www.msichicago.org/temp_exhibit/bodyworlds2/index.html.

2007 American Alliance for Health, Physical Education, Recreation and Dance National Convention, Baltimore, MD, March 13-17, 2007

This conference, sponsored by AAHPERD, features a comprehensive program including programming and events targeted to the distinct populations of the health and physical activity industry; world-renowned keynote speakers; a Job Fair and Placement Center; and a multi-faceted Exposition Hall with demonstrations, products, and services.

For more information go to: <http://www.aahperd.org/convention/template.cfm?template=main.html>.

National Health and Livability Summit, Atlanta, GA, April 17-19, 2007

The National Recreation and Park Association includes local, state, and national officials and citizen advocates who work together to examine new management practices, and investigate the vital contributions park and recreation agencies make to increase the quality of life, health, and livability of the individuals they serve.

For more information go to: <http://www.nrpa.org/content/default.aspx?documentId=4704>.

Abilities Expo, New York Metro, Edison, NJ, April 27-29, 2007

Abilities Expo provides information on independent and assisted living products for persons with disabilities. For a list of upcoming expos, go to <http://www.abilitiesexpo.com>.

Annual Midwest Symposiums on Therapeutic Recreation and Adapted Physical Activity, April 2007

From April 21-24, 2007, the 36th Annual Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity will take place at the Sheraton Westport Lakeside Chalet in St. Louis, Missouri, and from April 27-30, 2008, the 37th Annual Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity will take place at the Grand Geneva Resort and Spa in Lake Geneva, Wisconsin.

For more information or to register, go to http://muconf.missouri.edu/midwest_symposium/information.html or contact by T: 573-882-4038, F: 573-882-1953, or e-mail: muconf1@missouri.edu.

Conferences

Getting Kids in Sync: A Sensory Processing Approach to Challenges Associated with Autism, ADHD, Learning, and Behavior Disorders, Chicago, IL, February 20, 2007

Parents, teachers and other professionals who are interested in understanding Sensory Processing Disorder (SPD) and in adding beneficial experiences to the sensory diets of children with attention, learning, behavioral, and sensory processing challenges (ADD, ADHD, Autism Spectrum Disorders, Learning Disabilities and SPD) should attend.

For more information on registering and discounts, go to <http://www.sensorytools.net/workshops.html> or contact Sensory Tools (P.O. Box 44219, Madison WI 53719, T: 608-819-0540).

Sixth Annual National Disability Sports Conference, Atlanta, GA, March 9-11, 2007

BlazeSports America, in partnership with U.S. Paralympics, a division of the United States Olympic Committee, will present the 2007 National Disability Sports Conference, with goals of increasing attendees' knowledge and skills in participant recruitment and athlete development, implementation of quality

programs and event management, and program enhancement and sustainability.

For more information on the event, go to www.blazesports.org, or contact Maria Portgee, Director of Communications, BlazeSports America, T: 770.850.8143, F: 770.850.8179, www.blazesports.org.

2007 Joint Conference of the American Society on Aging and the National Council on Aging, Chicago, IL, March 7-10, 2007

Pre-conference workshops and sessions include topics on health promotion for older adult workers and older adults in the community, affordable housing options, social work interventions, and much more.

For more information and to register, go to <http://www.agingconference.org/asav2/conf/jc/jc07/>, or call 415-974-9675.

23rd Annual Pacific Rim Conference on Disabilities, Honolulu, HI, March 12-13, 2007

Pacific Rim 2007 will continue the longstanding tradition of assembling researchers, professionals, paraprofessionals, persons with disabilities, family members, students, and others to present on a variety of topics that affect everyday lives. Pac Rim continues to promote opportunities to learn from one another, share resources and ideas that support the quality of life, community inclusion, and self-determination for all persons with disabilities and their families. Registration is open: take advantage of early bird pricing. For more information, go to <http://www.pacrim.hawaii.edu>, or contact prinfo@hawaii.edu or 808-956-7539.

Accessibility Coordinator Training: Accessibility Management for Parks and Recreation, Indiana University, Bloomington, IN, May 14-17, 2007

This NCA training course is designed to give Accessibility Coordinators in parks and recreation the foundation for implementing an accessibility management program. Sessions will include discussions of the characteristics and needs of people with disabilities, legislative mandates and litigation, accessibility standards and common errors, the application of universal design to park and recreation environments, program access, considerations for conducting accessibility assessments, visitor use and marketing, and comprehensive planning.

For more information and to register for the course, visit the National Center on Accessibility website at www.ncaonline.org.

International Conference on Physical Activity and Obesity in Children, Toronto, Canada, June 24-27, 2007

The conference aims to inform the development of a scientifically based community strategy to reduce the incidence of childhood and youth obesity through increased sport and physical activity participation.

For more information go to: <http://www.phe.queensu.ca/epi/obesity/>.

Employment

Tenure-track Exercise Science Faculty Position, East Carolina University, Greenville, NC

A 9-month, full-time, tenure-track faculty position is available in the Department of Exercise and Sport Science, within the College of Health and Human Performance, with an emphasis in physical activity

promotion.

Candidates must submit a candidate profile online at www.jobs.ecu.edu (Position #37213), as well as a cover letter stating the relevance of the candidate's training and experience to this position, a current CV, three letters of reference specific to this position, and copy of transcript from highest degree (official transcript required upon employment) to Dr. Matthew Mahar, Search Committee Chair, Department of Exercise and Sport Science, East Carolina University, Greenville, NC 27858; T: 252-328-0008; e-mail: maharm@ecu.edu. Screening began February 1, 2007.

Grant Opportunities

Florida Department of Health Physical Activity Really Counts (PARKs) Grants, February 26, 2007

The Obesity Prevention Program's Hispanic Obesity Prevention Education (HOPE) initiative in the Florida Department of Health has funding available for local community organizations to develop and implement a PARKs program that focuses on promoting healthy behaviors among individuals with disabilities, and within the Hispanic population. Outcomes of the project should be recreational programs, and one-on-one peer and mentoring opportunities.

Applications are due February 26, 2007. For more information, and to apply, go to <http://www.doh.state.fl.us/Family/Physical/PARKs.pdf>. Direct specific questions to Michelle Dahnke at 850-245-4330 or Michelle_Dahnke@doh.state.fl.us.

Stride Rite and Saucony Announce Red Laces Program to Fight Childhood Obesity, March 30, 2007

Saucony, a subsidiary of the Stride Rite Corporation, is committed to addressing the national epidemic of childhood obesity by cultivating a new wave of young runners. As part of this commitment, the company has partnered with Runner's World magazine to launch the Saucony

Run for Good Red Laces Program, which provides grants to communities and nonprofit organizations that support after-school running and physical fitness programs for kids.

For more information and to apply, go to <http://www.sauconyrunforgood.com/>.

Quality of Life Grants, Christopher and Dana Reeve Paralysis Resource Center, March 1, 2007

Grants support organizations nationwide that help improve opportunities, access, and day-to-day quality of life for individuals living with disabilities (primarily paralysis), and their families. Funding is awarded twice yearly to programs in 13 categories, including accessibility, advocacy, arts, assistive technology, children, counseling, education, employment, health promotion, independent living, practical services, sports and recreation, and therapeutic riding.

For more information and to apply, go to http://www.christopherreeve.org/site/c.geIMLPOpGjF/b.1029295/k.64F6/Quality_of_Life_Grants.htm.

Awards

Physical Activity Guidelines Advisory Committee

On January 22, 2007, a Federal Register Notice was published announcing the establishment of the Physical Activity Guidelines Advisory Committee and soliciting nominations for appointments to the Committee. The Department of Health and Human Services seeks nominees with expertise across a broad range of areas related to physical activity and health.

The full text of the Federal Register Notice is available at <http://a257.g.akamaitech.net/7/257/2422/01jan20071800/edocket.access.gpo.gov/2007/pdf/E7-842.pdf> and additional information related to the physical activity guidelines initiative can be found at <http://www.health.gov/paguidelines/>.

The Department of Health and Human Services encourages interested individuals to read the full announcement in the Federal Register and consider submitting a nomination package. Self-nominations will be accepted. Details of required nomination package contents are in the Federal Register Notice. Nominations must be received by February 21, 2007.

National Consortium for Physical Education and Recreation for Individuals with Disabilities 2007 Award Nominations, March 15, 2007

The National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID) requests nominations for a variety of awards. Go to <http://www.uwlax.edu/sah/ncperid/awards.htm#awards> to obtain the award criteria and nomination procedures in order to submit the nominations by March 15, 2007.

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.

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