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NCPAD NEWS: July 2006

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From the Editors Desk: Summer Sport & Fitness

The staff at NCPAD encourages all readers to use our resources and enjoy an active summer!

This issue features information on bone health and osteoporosis, including more information on osteoporosis as a secondary health condition, nutrition for good bone health, fall prevention tips, and related resources. Dr. Rimmer discusses the benefits of using the Exerstrider to reduce shoulder pain in manual wheelchair users.

We also review research on the benefits of resistance training for persons with multiple sclerosis, a book on physical activities for improving children's learning and behavior, and the new NCPAD video clips on retrofitting an accessible whitewater rafting park.

Please send your comments to Jennifer Gray-Stanley, NCPAD News Editor, at jegray@uic.edu.

Directors Column: A Neat Way to Get Around Town: PoleWheeling

One of the many hats I wear is directing the Rehabilitation Engineering Research Center on Recreational Technologies and Exercise Physiology Benefiting Persons with Disabilities. RecTech's primary focus is to enhance universal design features of equipment, programs, and facilities by encouraging engineers, researchers, exercise physiologists, entrepreneurs, industry professionals, and people with disabilities to work collaboratively to research, develop, demonstrate, evaluate, and adopt new approaches to increasing access to and participation in exercise and recreational activities among people with disabilities.

One of the major goals of RecTech is to find innovative exercise technologies that can reduce shoulder pain in manual wheelchair users.

Read the entire column at http://www.ncpad.org/exercise/fact_sheet.php?sheet=436.

From the Information Specialist's Desk: Health Promotion for Youth and More

NCPAD NEWS & PRODUCTS

MyNCPAD: This new NCPAD resource is now operational. It can help you determine an appropriate physical activity program and stay on track. Tools include physical activity surveys; tracking daily movement, body mass index, and heart rate; and designing a personalized exercise program. Go to <http://www.ncpad.org/myncpad/> to incorporate it into your daily exercise schedule.

NCPAD Products: Purchase pedometers, NCPAD videos, and other products at <http://www.ncpad.org/shop/>.

Camp Resources: Download the NCPAD Camps Resources factsheet at http://www.ncpad.org/fun/fact_sheet.php?sheet=88, and request the Discover Camp Booklet in hard copy at no cost or in a web version at <http://www.ncpad.org/get/discover/index.html>.

Strengthening Exercises: Don't miss NCPAD's new factsheet on strengthening exercises at http://www.ncpad.org/exercise/fact_sheet.php?sheet=426.

NCPAD's Online Request Page: Visit NCPAD's new online request page (www.ncpad.org/contact/) to request information on the topics of physical activity, fitness, recreation, and sports for people with varying disabilities and chronic conditions.

NCPAD Programs Database: Submit your program-related information at <http://www.ncpad.org/programs/index.php?SOPE=y>.

NCPAD Parks Database: Enter your accessible parks information at <http://www.ncpad.org/parks/index.php?SOPE=y&mode=1>.

NCPAD Personal Trainers Database: Personal trainers may take the survey to be added to the database at <http://www.ncpad.org/trainers/index.php?add=y&mode=1>.

OTHER NEWS

Powerful Bones, Powerful Girls

Geared to adolescent girls, the National Bone Health Campaign “Healthy Bones” website (<http://www.cdc.gov/powerfulbones/boneup/index.html>) features articles on how to make strong bones; provides appealing calcium-rich snack and meal suggestions; and offers games, quizzes, screen savers, and instant messenger icons.

Push for PEP Funding

The Senate Labor, HHS, Education Appropriations Subcommittee will meet on July 18 to determine the 2007 funding level for PEP, the government's physical education grant program. Contact your senators today to ensure that the funding continues.

The Alliance for a Healthier Generation

The Alliance for a Healthier Generation has partnered with Nickelodeon to launch the Go Healthy Challenge. The website features children learning to eat better, be more physically active, and feel better. The website also includes health tips, monthly challenges, recipes, and message boards. Kids can visit <http://www.nick.com/letsjustplay>.

K12 Academics

K12 Academics is a national-based education and disability resource center with a community-based approach. It offers information on camps, websites, schools, organizations, museums, libraries, and other supports for an array of cities across the U.S. The site also serves as a great resource for teachers, parents, students, professionals, and district officials in the K-12 education system. Learn more at <http://www.k12academics.com>.

Challenged Golfers’ Network

The Challenged Golfers’ Network is a newly formed non-profit group in Moore County, North Carolina, which addresses the needs of golfers with disabilities (both children and adults), so that they can continue or begin playing. Clinics are offered for persons with mental challenges, visual impairments, stroke survivors, and mobility impairments. Tournaments and special events also are run throughout the year. Call 910-692-6242 for more information.

Focus on Secondary Condition Prevention: Osteoporosis Risk and Low Bone Mineral Density in People with Developmental Disabilities

Over the past decade, research assessing the prevalence of low bone mineral density for people with developmental disabilities has provided evidence that this population is at high risk for osteoporosis (Aspray et al., 1998; Center, Beange, & McElduff, 1998; Jaffe, Timell, & Gulanski, 2001; Jaffe & Timell, 2003; Kao, Chen, Wang, & Yeh, 1992; Sepulveda et al., 1995). This past weekend in a congressional hearing preceding the Special Olympics in Ames, Iowa, CDC Director Julie Gerberding and former Surgeon General Antonia Novello underscored health disparities for people with developmental disabilities, one of which was osteoporosis, thereby acknowledging it is an important health issue to address in this population.

The complete column is at http://www.ncpad.org/exercise/fact_sheet.php?sheet=438.

F.I.T.T: Don't Get Tripped-Up, the Role of Fitness in Fall Prevention

For older adults, individuals with balance impairments, and those with osteoporosis, an effective fall prevention program can help to decrease the occurrence of serious injuries such as hip fractures, head injuries, and other complications due to falls. Fitness can play an important role in a fall prevention program. Read more to find out how you can include fall prevention strategies into your physical activities.

Read the entire column at http://www.ncpad.org/fitt/fact_sheet.php?sheet=440.

Rectech's National Users with Disabilities Group Exercising (NUDGE): Kilowatt Sport

The Kilowatt Sport transforms computer games into a muscle-burning sport. The ISOCOR technology (located in the alloy steel tube that connects the controller to the base) measures how hard one is pushing and pulling on the controller. The product requires that the entire body – not just the thumbs - is used to move the on-screen character. Two microprocessors translate the force into actual movement in the game. The harder the force, the faster the game goes.

For more information, go to <http://www.powergridfitness.com/Default.aspx>.

NCPAD Book Corner: Physical Activities for Improving Childrens Learning and Behavior: A Guide to Sensory Motor Development

Cheatum, B. A., & Hammond, A. A. (2001). *Physical activities for improving children's learning and behavior: A guide to sensory motor development*. Champaign, IL: Human Kinetics.

Billye Ann Cheatum and Allison A. Hammond wrote this book to provide parents and educators with solid information on the stages of growth and development, neurological development, and sensory systems that are often at the root of academic and movement/motor problems. In the first half of the book, the author discusses sensory motor development, including chapters on common behaviors and learning problems; neurological growth and development; tips for sensory motor development programs; reflexes; and body awareness. The second half of the book includes information on the sensory systems, including an overview; as well as separate chapters devoted to the vestibular, proprioceptive, tactile, visual, and auditory systems.

For more information and to purchase a copy, go to <http://www.humankinetics.com/products/showproduct.cfm?isbn=0880118741>, or call Human Kinetics Publishing at 800-747-4457.

NCPAD Video Corner: Retrofitting an Accessible Whitewater Park

After the City of Reno Parks and Recreation Department built a whitewater course throughout the city it realized that barriers existed for people with disabilities. Consequently, the course was retrofitted to accommodate people with disabilities, resulting in a universally designed park, the first of its kind.

Read the entire factsheet and view the video clips at http://www.ncpad.org/videos/fact_sheet.php?sheet=439.

IT'S NEVER TOO LATE™ DVD Series

Produced by Fifty-Plus Fitness ambassador René Burton, the “It’s Never Too Late™” fitness DVD is

designed for adults 55 and over who have not exercised consistently and want to get into the best shape of their lives, at a slow steady pace and in a non-threatening atmosphere. The well-rounded curriculum includes yoga, Pilates, core training, resistance exercises using weights and bands, and low-impact aerobics.

For more information and to order, go to <http://www.seniorsforfitness.com>, e-mail info@seniorsforfitness.com, or call 714-969-9967.

NCPAD Research Corner: Resistance Training Improves Gait Kinematics in Persons with Multiple Sclerosis

Gutierrez, G. M., Chow, J. W., Tillman, M. D., McCoy, S. C., Castellano, V., & White, L. J. (2005). Resistance training improves gait kinematics in persons with multiple sclerosis. *Arch Phys Med Rehabil.*, 86, 1824-1829.

The study served to assess the effects of an 8-week resistance training program on walking ability in individuals with multiple sclerosis (MS). The authors hypothesized that following the 8-week training program, gait characteristics in persons with MS would become significantly more consistent with normal gait patterns than those that are viewed with people who are unimpaired.

Read the entire abstract at http://www.ncpad.org/exercise/fact_sheet.php?sheet=433.

Nutrition Spotlight: More Vegetables for Healthy Bones?

Osteoporosis is considered a progressive reduction in bone density, which creates brittle and porous bones. About 28 million Americans have osteoporosis, and 80% of them are women (<http://www.osteoporosis.org/osteoporosis.html>). Persons with osteoporosis have an increased risk of fractures, particularly those at the hip and wrist.

Increasing daily intake of fruits and vegetables is an excellent way to reduce the risk of osteoporosis. Research has demonstrated some benefits for bone density from a healthy diet that includes vegetables and fruits. Intake of calcium and vitamin D is important for bone density, as well as intake of magnesium and potassium.

Read the entire column at http://www.ncpad.org/exercise/fact_sheet.php?sheet=435.

Community Voice: The Adaptable Athlete

Andy Yohe was born on July 21, 1978 in Davenport, Iowa and lived in DeWitt, Iowa until he was ten. When he moved to Peoria, Illinois, Andy first became interested in hockey and continued to skate when his family moved to Bettendorf, Iowa 1 year later. By the time he was 14, Andy was playing on a traveling roller hockey team. Little did he know that his love for hockey would lead to a trip to the Paralympics in Torino, Italy in 2006.

Read the entire piece at http://www.ncpad.org/exercise/fact_sheet.php?sheet=437.

What Have I Learned This Month: Record What You Consume

What I have learned this month is that, in general, individuals are not aware of what, how much, and how often they consume specific foods. Working with overweight adults with mobility limitations, I often find myself asking participants what foods they eat (i.e., fast foods, condiments, etc.) and at what frequencies.

Whether you are morbidly obese, overweight, or within your ideal weight range, knowing what you eat (type of foods) can help to determine caloric intake, vitamin sources, and other information critical to achieving weight loss or maintaining a healthy weight.

Read the entire piece at http://www.ncpad.org/exercise/fact_sheet.php?sheet=434.

Events

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>.

Abilities Expo, Metro Detroit, August 18-20, 2006

Abilities Expo provides information on independent and assisted living products for persons with disabilities. The Abilities Team is seeking speaker proposals for 2006. Visit <http://www.abilitiesexpo.com> to submit a proposal and to learn more about upcoming expos.

Conferences

National Health Promotion Conference, Atlanta, Georgia, September 12-14, 2006

The 2006 National Health Promotion Conference is the first joint conference presented by CDC's Coordinating Center for Health Promotion (CoCHP) and its constituent groups: the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), the National Center on Birth Defects and Developmental Disabilities (NCBDDD), and the Office of Genomics and Disease Prevention (OGDP). With a theme of "Innovations in Health Promotion: New Avenues for Collaboration," the conference will provide an unprecedented opportunity to create new partnerships and strengthen existing ones to move forward with a national health promotion and wellness agenda.

For more information, go to <http://www.cdc.gov/cochp/conference/index.htm>, or call 770-488-6509.

2006 Cooper Institute Conference Series, Dallas, TX, October 26-28, 2006

The 2006 Cooper Institute Conference Series, "Parks, Recreation, and Public Health: Collaborative Frameworks for Promoting Physical Activity," will focus on developing collaborative frameworks for researchers, practitioners, and educators in the fields of public health, parks, and recreation. For more information and to register, go to <http://www.cooperinst.org/conf2006intro.asp>.

Employment

Accessibility Specialist, National Center on Accessibility/Indiana University

The Accessibility Specialist will assist the National Center on Accessibility in meeting its nationally focused agenda in the areas of technical assistance, education, and research while promoting the inclusion of people with disabilities in parks, recreation, and tourism. Minimum of Bachelor's degree in an area associated with parks and recreation. (Master's degree preferred). Experience and knowledge of accessibility laws, standards, programs and practices of inclusion of people with disabilities in parks and recreation. For more information and full job description, visit the NCA website at <http://www.ncaonline.org>.

To apply, go to https://webdb.iu.edu/humanresources/secure/app-new/logon_apply.cfm.
No paper applications will be accepted.

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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