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## Volume 2, Issue 5

A monthly publication of NCPAD - the NATIONAL CENTER on PHYSICAL ACTIVITY and DISABILITY [www.ncpad.org](http://www.ncpad.org).

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### **Director's Corner**

The field of developmental disabilities has made great strides in closing inhumane residential facilities and providing opportunities for employment and integration into the community. It's now time for directors of residential programs and sheltered workshops and policy makers to turn their attention towards health promotion. The next big push for social change must include more opportunities and incentives for people with developmental disabilities to engage in higher levels of physical activity throughout the day. Promoting enjoyable and rewarding physical activity opportunities will, in the long run, result in substantial improvements in health and quality of life.

Read the entire column at [http://www.ncpad.org/director/fact\\_sheet.php?sheet=227](http://www.ncpad.org/director/fact_sheet.php?sheet=227).

### **From the Information Specialists' Desk**

May is National Physical Fitness and Sports month, and this year is its 20th anniversary. Consult the President's Council on Physical Fitness and Sports for further ideas on how to get moving as well as thoughts on planning a fitness/health fair, fitness talks, social events, fitness/sports testing and other fun information at <http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191>.

### **WANT TO WIN A NCPAD T-SHIRT?**

Do you know of a disability-friendly place to exercise or participate in sports or recreation programs in your community? Do you operate an accessible facility that you would like listed in our programs database? If so, complete our 7 minute survey and we'll send you a free NCPAD t-shirt. For more information on obtaining a copy of the survey, contact Cheeri Ong at [cheeri@uic.edu](mailto:cheeri@uic.edu). NCPAD will add it to our online searchable database and send you a free NCPAD t-shirt!

NCPAD Discussion Forums: We are presently using the discussion forums to highlight requests and responses that can be of use to many recipients and hope to develop an online community for information sharing. If you have a question, simply post your request at <http://www.ncpad.org/forums/> and choose among a variety of categories: NCPAD General Requests, Sites for Travel or Vacation, Program and Activities for Children, Camps, Equipment and Adaptations Wanted, and a Variety Forum.

We look forward to corresponding with you online! Do you want to add a write-up for the NCPAD online feature: Abstracts? This section includes abstracts of current research on physical activity and disability. These abstracts include a discussion section that addresses the significance of the topic and offers opinions on the current article.

### **The Joy of ... Not Only Cooking ... But Also Eating ... For Persons with Disabilities and Chronic Conditions**

Imagination, inspiration, and even best-selling cookbooks can arise from adversity. In 1931, Irma Rombauer, a widow looking for a means to support her family, decided to create a cookbook of her personal collection of recipes. To date, more than 15 million copies of her original *The Joy of Cooking: a Compilation of Reliable Recipes with a Casual Culinary Chat* have been sold.

In his November, 2002 Director's Corner Column, Dr. James Rimmer discussed the difficulties in getting straightforward and sound advice about various disabilities and nutrition. He is certainly correct. In Mrs.

Rombauer's day, there was a shortage of simple, straightforward information on how to prepare an exquisite meal. Today, not only in text but also on the Internet, we have an explosion of information related to diet, nutrition, food supplements, vitamins, minerals, cooking, etc.

So what I would like to offer in this monograph is not so much advice about what people with various disabilities and chronic health conditions should eat, but rather introduce some practical guidelines, in the form of Mrs. Rombauer's chats, which can make the eating experience more joyful and meaningful to one's overall well being. Who knows?we might start a compilation of practical suggestions from NCPAD readers to be edited into a new "Joy of?" book!

Read the entire monograph at [http://www.ncpad.org/nutrition/fact\\_sheet.php?sheet=188](http://www.ncpad.org/nutrition/fact_sheet.php?sheet=188)

## **Obesity and Exercise**

Obesity has reached epidemic proportions, both within the U.S. and throughout the world. Current research can shed light on what can be done about the problem, both from the standpoints of physical activity and nutrition.

The April 9, 2003 issue of the Journal of the American Medical Association is dedicated to a discussion of sedentary behaviors, the risk of adult and pediatric obesity and diabetes, and the safety of low-carbohydrate diets. Read more from the Journal of the American Medical Association at <http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191>.

### **Journal Highlights**

Hu et al. (2003) in studying a middle-aged cohort of women, determined that light activities, including standing or walking around at home, as well as brisk walking, were associated with a lower risk of obesity and diabetes throughout 6 years of follow-up. These findings suggest that movement in general is important to combating obesity.

Heska et al. (2003) compared weight loss and health benefits achieved and maintained through self-help weight loss programs versus a structured commercial weight loss program and determined that over a 2 year period, the structured program (Weight Watchers) provided modest, but greater weight loss than the self-help program.

### **Another Article of Interest**

"Parents Must Help Their Children Fight Obesity"

In the American Journal of Medicine and Sports for Primary Care Professionals, Haines et al. (2003) reported on the success of a healthy-eating and family-based physical activity program for overweight children. Findings conclude that family plays an instrumental role in helping children develop healthy eating and physical activity habits. (Haines DJ, Knutson D, and Duffy J. March/April 2003. Prescription for Childhood Obesity: Healthy Eating and Family-Based Physical Activity. American Journal of Medicine and Sports for Primary Care Professionals: 124-130).

## **MTV Seeking Young People Who Use Wheelchairs for Documentary Film**

MTV is currently seeking participants for a reality-based documentary about the everyday life of young wheelchair users. They are searching for individuals who would like the chance to tell their story on camera and show other young people what daily life is really like for a wheelchair user at home, school, work and other social situations.

Write to MTV as soon as possible at [wheels@mtvstaff.com](mailto:wheels@mtvstaff.com).

## **NIA Exercise Guide and Video for Seniors**

The National Institute on Aging provides an excellent exercise guide and video for seniors.

The exercise guide provides information such as sample exercises, nutritional ideas, target heart rate information, as well as activity and progress charts. This guide is free and can be ordered by calling 800-222-2225, NIH Publication No. 01-4258, or online via our link, <http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191>.

The accompanying 48-minute video reviews the exercise program outlined in the guide and features Margaret Richard, star of PBS' Body Electric exercise show. It can be purchased by sending a check or money order of \$7.00 to NIAIC, Dept. W, P.O. Box 8057, Gaithersburg, MD 20898-8057. View exercise video clips from our link: <http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191>.

## **Wheelchair Basketball Motivational Video**

"Kiss My Wheels" is a new 57-minute film following the Hot Shots wheelchair basketball team throughout their 2000-2001 dream season on their way to the national championship. The Hot Shots coach, District Judge Albert "Pat" Murdoch, not only builds the kids' confidence and athletic skills but helps them weather the death of one of their beloved teammates, Mathu Barry.

The Boston-based company Fanlight Productions hopes to distribute the work nationally in libraries, schools, as well as medical and rehabilitation centers. For more information on the "Kiss my Wheels" video, check out the link at <http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191>

The work can be purchased or rented in VHS video from:

Fanlight Productions  
4196 Washington St., Suite 2  
Boston, MA 02131  
T: 800-937-4113

E-mail: [fanlight@fanlight.com](mailto:fanlight@fanlight.com)

## **WHO Global Strategy on Diet, Physical Activity and Health**

Throughout the month of April, the World Health Organization Diet and Physical Activity Forum hosted an internet-based discussion on food, nutrition, and physical activity. Findings from the talks will be used in the Geneva consultation meeting and finalized WHO Global Strategy.

Topics for the series were:

Week 1: Focus areas for the WHO Global Strategy  
Week 2: Food policy: healthy food production  
Week 3: Physical activity promotion  
Week 4: Food marketing

To check out the WHO Global Strategy transcript, visit the link at <http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191>.

## **Paul Schulte Nominated for World Award**

Paul Schulte of the Dallas Wheelchair Mavericks has been nominated as the World Sportsman of the Year with a Disability. Paul joins Tiger Woods, Lance Armstrong, Annika Sorenstam, Serena Williams, Pete Sampras, and the Brazilian soccer team as nominees in their respective categories.

For more information on Paul Schulte, the Dallas Wheelchair Mavericks or the Laureus Sports awards, click onto

<http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191>.

## **Emergency Evacuation Preparedness: Taking Responsibility for Your Safety: A Guide for People with Disabilities and Other Activity Limitations**

The Center for Disability Issues and the Health Professions (CDIHP) at Western University of Health Sciences in Pomona, California, announces a new 36-page guide to help people with disabilities be better prepared for large or small-scale emergencies. This guide helps people take responsibility for their own safety during emergencies and evacuations and work effectively with first responders. Online access to the CDIHP guide can be found at <http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191>.htm, or to order a hard copy, send a check payable to CDIHP for \$24.00 (includes shipping, handling and applicable tax) to CDIHP, 309 E. 2nd Street, Pomona, CA 91766-1854.

Contact CDIHP for pricing on bulk or international orders at Phone: (909) 469-5380, TTY (909) 469-5520, Fax: (909) 469-5407, E-mail: [evac@westernu.edu](mailto:evac@westernu.edu).

## **Guide for Successful One-Hand Functioning**

The New Mexico Office of Disability and Health has produced a new free booklet on successful one-handed functioning. Topics include suggestions for personal care, tying shoes, food preparation, home care, baby care, transportation, and other miscellaneous items, including carrying groceries, photography, computer use, and playing musical instruments. A short list of additional resources is also included.

Access the New Mexico Office of Disability and Health documents online through our link: <http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191> and contact Susan O. Gray with comments and suggestions (Phone: 505-827-2976; Fax: 505-827-1606).

## **Research on Functional Recovery from Spinal Cord Injury**

The ongoing scientific research regarding spinal cord regeneration would benefit greatly from input of people with paralysis. Kim Anderson is a researcher who has quadriplegia and sees from a first-hand perspective the gap in communication between scientists and the community of people with spinal cord injury. She is conducting a short survey that is designed to determine the needs of people with spinal cord injuries and their requests of the research community regarding functional recovery.

If you have a spinal cord injury, please contact Kim at [kanderso@uci.edu](mailto:kanderso@uci.edu) (or Reeve-Irvine Research Center, 1216 GNRF, University of California at Irvine, Irvine, CA 92697-4292) so she can e-mail/mail you the survey. If you know someone who has a spinal cord injury, please forward this information to them so as many people as possible can be heard. The community has a responsibility to inform researchers about what functional recovery is important to people with SCI.

## **ASK Conference for Special Kids**

The 2003 Alternatives for Special Kids (ASK!) Conference will be May 8-11, 2003 in Irvine, California. ASK! provides a meeting place for practitioners, parents, and children to collaborate on various health related issues. The focus of the ASK! 2003 Conference is not primarily about research, but more about practical applications. Over 200 presentation and 64 workshops focus on topics that can significantly affect children with special needs. The exhibit hall is free and features over 80 exhibitors, ranging from large manufacturers to professional services to one-person shops. Exhibitors have excelled in offering services and products that have opened the doors for children with disabilities. For more information on the ASK! Conference, visit: <http://www.ncpad.org/newsletter/newsletter.php?letter=14&ion=191>.

Alternatives for Special Kids  
Conference, Exhibits, Workshops, and Consultations  
Hyatt Regency Irvine  
T: 401-315-0590  
E-mail: [info@4healthykids.org](mailto:info@4healthykids.org)

## **Need for Sports Wheelchairs**

The 1999 Kocaeli earthquake in Turkey left a large number of children and adults with disabilities. The International Women of Istanbul (IWI) will be hosting the first wheelchair tennis tournament in Izmit, using only one sports chair. With economic downturns and the cost of a chair averaging \$3,000, the demand for wheelchairs goes greatly unfulfilled. The IWI is trying to provide sports wheelchairs to some young people with disabilities so that they can participate in physical activity and sports programs. The donated chairs will be shared among participants and will become a valuable asset to the program. If you know of anyone or any company that might be able to donate used sports chairs, please contact Marina Baumeister ([marina@kumsal.net](mailto:marina@kumsal.net)) or Sydnee Voigt ([berndvoigt@superonline.com](mailto:berndvoigt@superonline.com)).

## **Clinical Director Wanted**

**CLINICAL DIRECTOR:** Established not-for-profit agency seeking Clinical Director to manage delivery of sub-acute therapeutic services to uninsured persons with severe disability in San Diego, CA. Masters or above in Physical Therapy preferred. Commitment to project and to the expansion of services a must. Unique opportunity to work with dedicated co-workers, city leaders, healthcare providers and philanthropic partners. Competitive compensation offered, DOE. Please fax resume, salary history and requirements and cover letter to Challenge Center, (619) 667-8647, or email to [mary@challengecenter.org](mailto:mary@challengecenter.org)

## **May 2003 Links Page**

### **1. President's Council on Physical Fitness and Sports links:**

<http://fitness.gov>, <http://fitness.gov/getmovingamerica.pdf>

### **2. Journal of the American Medical Association link:**

<http://jama.ama-assn.org/content/vol289/issue14/index.dtl>

### **3. National Institute on Aging exercise guide link:**

<http://www.nia.nih.gov/exercisebook/>

**4. National Institute on Aging exercise video link:**

<http://www.nia.nih.gov/exercisevideo/>

**5. Fanlight Productions link:**

[http://www.fanlight.com/catalog/films/367\\_kmw.shtml](http://www.fanlight.com/catalog/films/367_kmw.shtml)

**6. WHO Diet and Physical Activity Forum link:**

<http://www.DietPhysicalActivityForum.org>

**7. Laureus Sports awards link:**

<http://www.laureus.com/awards/nominees/2003/index.php>

**8. Dallas Wheelchair Mavericks link:**

<http://www.wheelmavs.org>

**9. Emergency Evacuation Preparedness Guide for People with Disabilities links:**

<http://www.cdihp.org/evacuationpdf.htm>

**10. New Mexico Office of Disability and Health Guide for Successful One-Hand Functioning booklet link:**

<http://www.health.state.nm.us/dhp/dhpresources.htm>

**11. Alternatives for Special Kids link:**

<http://www.4healthykids.org>

## **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](mailto:ncpad@uic.edu), or fax 1-312-355-4058 to provide personalized responses to your questions.

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