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NCPAD NEWS: November 2002

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Director's Corner: Finding Accurate Information on Nutrition and Disability Can Be a Real Challenge

Trying to make sense of the plethora of information pertaining to the nutritional needs of people with various types of disabilities such as Alzheimer's, autism, spinal cord injury, stroke, AIDS, cerebral palsy, etc. is nothing less than confusing. Much of the information on the Web or in trade magazines stems from personal interviews with one or two people who have a certain disability and have discovered over a short period of time that something seemed to work.

Read the entire column at http://www.ncpad.org/director/fact_sheet.php?sheet=234

APHA Annual Meeting: Join the Disability SPIG and Get a Free T-Shirt!

Gear up for the Annual Public Health Association Annual Meeting, which will be held November 9-13, 2002 in Philadelphia. Become a member of the Disability SPIG (Special Primary Interest Group), and you'll receive a beautiful t-shirt. The Disability SPIG provides opportunities to identify, discuss, and take action relevant to key issues concerning disability and public health.

View the disability program at <http://www.ncpad.org/newsletter/newsletter.php?letter=20&ion=273>

How Changing Ads in Health and Fitness Can Change Attitudes Towards People with Disabilities

by Joanne Bauman

Disability is as much an attitude as it is a condition. Attitudes, perceptions, beliefs, and stereotypes are influenced by many factors, including the media. Most disability-related magazines and other media already contain many positive images, so advocacy for attitude change should focus on increasing inclusion in media geared to the general public. To the public and media, health/fitness and disability often seem mutually exclusive; this perception perpetuates barriers to health, exercise, and recreation.

What are the implications of the images in existing sports and fitness advertisements? Attitudes that are perpetuated by the media, including advertising, are society's emphasis on the "body beautiful" -- physical integrity, personal appearance, and athletic prowess (Roessler and Bolton, 1978; Wolfe, 1996; Wright, 1983). As with most advertising images, the "pretty people" and least "disabled-looking" are depicted.

Read the rest of the story at [Changing Ads](#)

Finding a Fitness Facility: A Personal Experience

by Troy Reynolds

I acquired a spinal cord injury in 1986, rendering me quadriplegic (C5). I subsequently underwent seven months of physical and occupational therapy at the Rehabilitation Institute of Chicago (RIC). For the first three months, I could not move any muscles below my neck voluntarily. Gradually, I became able to move my left shoulder and arm. As I regained control over some muscles, I was required to exercise them five days per week. My right shoulder and arm regained partial movement more slowly than the left side, and I had not been exercising them very long before my release from RIC. I remember my physical therapist expressing her concern that after my discharge, I might favor using my left arm for feeding and other activities and neglect my right arm. I soon realized that this was occurring, so I decided to begin a home exercise program that would strengthen both shoulders and both arms.

Read more of Troy's story at http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=210

Visually Impaired Runner Fifth to Find Finish Line in New York City Marathon

Legally blind Marla Runyan finished fifth overall and first for U.S. female runners in the New York City Marathon on Sunday, November 3. Runyan completed the marathon with a time of 2:27:10, 36 seconds ahead of defending champion Margaret Okayo, who set the course record last year. Runyan's time was the

tenth fastest in a marathon by an American woman, which is a considerable achievement considering that she usually runs much shorter distances. She was eighth in the 1,500-meter at the 2000 Olympics, broke the U.S. record for the indoor 5,000-meter as in 2001, and won the U.S. outdoor title in the 5,000-meter in 2001-2002.

Runyan has a degenerative eye condition known as Stargardt's disease, which limits her vision to about 15 feet. She can't see her watch, for example, during a run. A cyclist rode near Runyan to inform her of split times and approaching turns. Throughout the race, the instructions could be heard: "We're approaching the bridge in 200 meters!" or "The pack is intact!" or "Your bottle is there at the end!"

View Marla's personal website at <http://www.ncpad.org/newsletter/newsletter.php?letter=20&ion=273>

Yoga for Women with "Dowager's Hump"

Greendale and colleagues published a recent study in the American Journal of Public Health on the effects of yoga poses for women ages 60 years or older who have physician-diagnosed hyperkyphosis, commonly known as "dowager's hump."

The study involved 21 women who participated in a 12-week program. The results of this pilot study suggest that the use of yoga among women with hyperkyphosis is safe and may influence better posture, through better strength, flexibility, and alignment, in addition to yoga's mind-body benefit. Read the entire article in:

Greendale, G.A., A. McDivit, A. Carpenter, L. Seeger, and M. Huang. "Yoga for Women with Hyperkyphosis: Results of a Pilot Study." 2002. American Journal of Public Health. 92 (10): 1611-1614.

Maine Handicapped Skiing Hosts Nordic Recruitment Camp for United States Disabled Cross-Country Ski Team

Are you a disabled athlete in excellent cardiovascular condition looking for the physical and mental challenges of a lifetime? Maine Handicapped Skiing, in conjunction with Disabled Sports/USA, is sponsoring a Nordic Recruitment Camp for the U.S. Disabled Cross-Country Ski Team on Saturday, March 22, and Sunday, March 23, 2003, at Sunday River Inn and Cross-Country Ski Center in Newry, Maine.

"We are looking for a few good men and women with a genuine interest in training for the United States Disabled Cross-Country Ski Team," said Jon Kreamelmeyer, Disabled Cross-Country Head Coach of the United States Ski and Snowboard Association. The U.S. Disabled Ski Team is looking for high-functioning athletes with a desire to train for the 2006 Paralympics. According to Kreamelmeyer, the most important attributes for this training program are not cross-country skiing skills, but cardiovascular fitness and a commitment to serious training.

The two-day recruitment camp at Sunday River Inn and Cross-Country Ski Center will focus on evaluating the athletes' physical abilities, with top cross-country ski coaches working with each individual, videotaping their techniques and reviewing them, watching videos of cross-country ski athletes, and making a formal evaluation of their performance over the two-day period.

Maine is the first eastern state to host a Nordic Recruitment Camp; if enough athletes participate in the 2003 training camp, it could be the start of yearly recruitment camps in the East for the U.S. Disabled Cross-Country Ski Team. The U.S. Disabled Cross-Country Ski Team presently has seven members and is looking for three more members to complete the team. The Ski Team won eight medals in the 2000 World

Championships and five medals at the February 2002 Paralympics.

For complete details on the Nordic Recruitment Camp hosted by Maine Handicapped Skiing, contact Katie Boivin of MHS at 800-639-7770. Adults and children with physical disabilities who would like to learn to downhill or cross-country ski, snowboard, or snowshoe in the 2003 winter season should contact Maine Handicapped Skiing at 800-639-7770, or write:

MHS, Sunday River Ski Resort
8 Sundance Lane
Newry, ME 04261

See the MHS website at <http://www.ncpad.org/newsletter/newsletter.php?letter=20&ion=273> or e-mail MHS at info@skimhs.org.

NCPAD Calendar of Events Pertaining to Disability and Physical Activity

The NCPAD website now has an online calendar of conferences, meetings, and other events related to disability and physical activity. Please contact us if you would like to add your own conference or event.

<http://www.ncpad.org/events/>

New NCPAD Website Photos - Take a Peek!

View new photos on the NCPAD home page on adapted gardening, baseball, fishing, golf, bowling, and pool lifts! If you would like to add your own favorite photo, please send it to jimmer@uic.edu, and he will send you a free NCPAD t-shirt!

<http://www.ncpad.org/>

November 2002 Links Page

1. APHA Annual Disability Program
http://apha.confex.com/apha/130am/techprogram/program_229.htm
2. Marla Runyan's Personal website
<http://marla.flynnsports.com>
3. Maine Handicapped Skiing
<http://www.skimhs.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, or fax 1-312-355-4058 to provide personalized responses to your questions.

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