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NCPAD NEWS: October 2004

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Director's Column: The Tipping Point

While many of us who have been in this profession for several decades have chipped away at getting society to change its attitude about the importance of regular physical activity in improving and maintaining good health, only within the last few years have we drawn closer to that ever-important *tipping point*. We're not quite there yet, but we are getting closer. And this movement is starting to draw the attention of people with chronic conditions and disabilities.

Read the entire column at http://www.ncpad.org/director/fact_sheet.php?sheet=275.

From the Information Specialist's Desk

In this issue, we highlight the U.S. obesity epidemic with information on research, policy, legislation, and organizations dedicated to addressing it. Despite the pervasiveness of the problem, NCPAD and many organizations are jointly achieving a tipping point to achieve access to fitness and health promotion programs for people with disabilities and chronic conditions, as Dr. Rimmer mentions in his Director's Column. Other newsletter topics include our new video clip for persons with paraplegia, a book review on adapted games and activities, new NCPAD factsheets for kids on Thera-Band® and exercise ball exercise programs, and more. Send comments or suggestions, as well as entries for future newsletters, to Jennifer Gray at jegray@uic.edu.

1) U.S. Senate Majority Leader Bill Frist (R-Tenn.) and Senator Ron Wyden (D-Ore.) have introduced legislation to address the increase in obesity among American youth. The Childhood Obesity Reduction Act would recognize schools with plans to increase physical activity and promote healthy nutritional choices and authorizes \$2.2 million in fiscal year 2005 to establish a Congressional Council to Combat Childhood Obesity. The Council would highlight successful programs, develop model nutrition and exercise plans for schools, and coordinate outreach and public awareness efforts. After two years of identifying and selecting model programs, the Council will create a public-private foundation that will award grants to schools that have model anti-obesity programs.

2) The National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK) provides information on the causes and consequences of obesity, body mass index, how to lose weight, and more at <http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#1>.

3) Shape Up America is a non-profit program dedicated to achieving a healthy weight for life. The organization has free memberships to online support for weight loss and fitness and general information on "diabesity," childhood obesity, a pediatric BMI assessment tool, etc. Visit Shape Up America at <http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#2>.

4) This year's National Health Education Week will be October 18-24. The theme will be healthy eating for attaining a healthy weight. See the National Center for Health Education (<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#3>) and the Society for Public Health Education (<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#4>) for downloadable materials. October 11-15 was National School Lunch Week. The American School Food Service Association (<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#5>) provides information on advances in nutrition for school lunch programs, and see the Illinois Center on Health, Nutrition, Physical Activity, and Disability at <http://www.ncpad.org/nutrition/>.

** October is National Spina Bifida Awareness Month. See the Spina Bifida Association of America's Web site at <http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#6>, as well as NCPAD spina bifida and exercise materials at http://www.ncpad.org/disability/fact_sheet.php?sheet=256.

NCPAD Research Abstracts: Improving Self-Efficacy in Pediatric Obesity Prevention Counseling

Crawford, P. B., Gosliner, W., Strode, P., Samuels, S. E., Burnett, C., Craypo, L., et al. (2004). Walking the talk: Fit WIC wellness programs improve self-efficacy in pediatric obesity prevention counseling. *American Journal of Public Health*, 94: 1480-1485.

Purpose: Six sites of the California Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) participated in a staff wellness pilot intervention designed to improve staff self-efficacy in counseling WIC clients about childhood obesity.

Methods and Participants: A pre-post test design with intervention and control groups was used, with outcome measures including staff perceptions of the intervention's effects on the workplace environment, their personal habits and health beliefs, and their counseling self-efficacy. A total of 51 staff members completed surveys, and most were WIC paraprofessionals.

Wellness programs implemented at the intervention sites included healthy brown bag lunches, healthy food potlucks, water drinking challenges, lunchtime walking groups, step challenges, and new on-site exercise equipment.

Results: Intervention site staff were more likely to report that the workplace environment supported their efforts to make healthy food choices, be physically active, make positive changes in counseling parents about their children's weight, and feel more comfortable in encouraging WIC clients to do physical activities with their children.

Conclusion: Staff commented that the program has helped them to improve their personal health promotion behavior and to share these messages with their clients.

Comment: This study shows that as staff gained confidence in their own health promotion behaviors, they are more effective in communicating these health promotion messages to the WIC clients. Such model interventions can be translated into developing similar programs for persons with disabilities, such as persons with developmental disabilities living in group homes, for example.

Read other abstracts at <http://www.ncpad.org/research/>

RecTech NUDGE Corner - Paraplegia Exercise Videoclip

RecTech is a Rehabilitation Engineering Research Center program intended to identify strategies and solutions for improving the accessibility of parks, trails, fitness centers, and swimming pools for persons with disabilities. The National Users with Disabilities Group on Exercise (NUDGE) is a research project assessing the extent to which current knowledge concerning recreation technology is transferred into practical application, assisting people with disabilities to engage in recreational activities. To participate in the NUDGE survey, click on <http://www.rerectech.org/surveys/default.htm>. For general information on NUDGE, go to <http://www.rerectech.org/r2.htm>, and to join, contact Dr. Barth Riley at nudge@uic.edu or call 800-900-8086.

This month's video clip is on paraplegia. View it at http://www.ncpad.org/videos/fact_sheet.php?sheet=271. Order the complete paraplegia video at <http://www.ncpad.org/get/video/real/sci/orderform.pdf> and see NCPAD's other fact sheets on spinal cord injury at http://www.ncpad.org/disability/fact_sheet.php?sheet=62; http://www.ncpad.org/disability/fact_sheet.php?sheet=130.

Book of the Month: Adapted Games & Activities

Adapted Games and Activities, written by Pattie Rouse, is a book for adapted physical activity teachers, camp directors, or recreational therapists who work with students who have intellectual disabilities. The focus is to make play fun so that participants are motivated to learn new motor and sport skills and concepts and to improve fitness. Contents include teaching motor, sport, and social skills for developing fitness levels; examples of teacher-directed activities, including non-eliminating tag, chase, and dodge games; team

building and cooperative activities for developing self-esteem, respect, and trust; higher-organization games and activities for higher-functioning or older students; and sport and leisure activities that can be integrated into a lifetime of fitness. The book includes pictorial examples of games, a game locator index, and a short reference list.

Order the book from Human Kinetics at <http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#7> or call 800-747-4457.

Public Health Corner: Revising ADA Regulations & Physical Inactivity Cost Calculator

DOJ Announces Advanced Notice of Proposed Rulemaking to Adopt New Design Standards

The Department of Justice has published an Advanced Notice of Proposed Rulemaking (ANPRM) to begin the process of revising the Department's ADA regulations to adopt design standards that are consistent with the revised ADA Accessibility Guidelines published by the Architectural and Transportation Barriers Compliance Board (also known as the Access Board).

The ANPRM is the first of three steps in the regulatory process. The ANPRM will be followed by a notice of proposed rulemaking (NPRM) and a final rule. Members of the public may submit comments until January 28, 2005. Comments may be submitted electronically to <http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#8>, or by mail to P.O. Box 1032, Merrifield, VA 22116-1032. All comments will be available to the public online at <http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#8> and by appointment at the offices of the Disability Rights Section.

Physical Inactivity Cost Calculator

Active Living Leadership and Fifty-Plus Lifelong Fitness, with the support of NCPPA and 20 other partner organizations, have launched the free Physical Inactivity Cost Calculator to estimate the costs of physical inactivity that remain a mystery to most businesses and communities.

The new calculator uses a scientific formula based on medical care, workers' compensation, and lost productivity data to estimate a community's or organization's financial costs related to physical inactivity. Decision-makers answer six general demographic questions. The calculator uses these answers to provide an estimate of funds lost due to physically inactive populations. Once costs are calculated, decision-makers can use the Active Living Leadership Web site to learn about a variety of strategies for increasing physical activity and reducing costs incurred by a sedentary population.

Try out the new calculator at <http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#9>

NCPAD Nutrition Corner: Eating Breakfast as a Weight Management Tool

Tips for a healthy diet including planning your meals; begin today by planning your breakfast for tomorrow morning. Starting your day with breakfast is a true way to jump-start your metabolism after sleeping all night, while your body rests and rejuvenates. People who skip breakfast commonly struggle more with weight problems than do those who eat breakfast. According to Nancy Clark, MS, RD, author of *Nancy Clark's Sports Nutrition Guidebook* (2nd ed.), by eating breakfast, a healthy meal early in the day, you may be more successful at weight loss or maintenance, whereas if you skip breakfast, you are more likely to be

hungrier later in the day and may overindulge in the evenings.

Accelerate your metabolism each morning by consuming a healthy breakfast within the first hour of waking. Prior to your exercise routine, eat at least a small snack to help you maintain energy throughout your workout.

Try a variety of foods in the morning that include calcium, fiber, protein, and carbohydrates. Examples of meals include whole-grain cereal with skim milk and berries, whole wheat toast with peanut butter and a piece of fruit, oatmeal with skim milk and fruit, a bagel, and vanilla yogurt. Skim milk and yogurt are excellent choices, as they include calcium and protein. A heavier breakfast might consist of an egg white omelet with vegetables, with dry toast and a piece of fruit.

View other resources at NCPAD's Illinois Center on Health Promotion, Nutrition, Physical Activity and Disability Web site at <http://www.ncpad.org/nutrition/>.

New NCPAD Publications: Thera-Band and Exercise Ball Exercise Program Factsheets for Kids

New NCPAD publications include Thera-Band® and exercise ball exercise program factsheets for kids which can easily be adapted for children with developmental disabilities, those who use wheelchairs, or those with other disabilities.

Thera-Band® Program for Kids Factsheet: The Thera-Band® Band Exercise Program for Kids is designed specifically for physical education programs. By using simple elastic bands, a cost-effective program can be performed by any child in any setting. All major muscle groups can be exercised with one piece of equipment! View the illustrated factsheet at http://www.ncpad.org/exercise/fact_sheet.php?sheet=259.

Exercise Ball Program for Kids Factsheet: The Thera-Band® Exercise Ball Program for Kids is also designed specifically for physical education programs. Using an exercise ball helps increase muscle activity and improves strength and balance. By adding Thera-Band® Soft Weight exercise balls and Resistive Bands, kids can obtain a complete workout. See the factsheet at http://www.ncpad.org/exercise/fact_sheet.php?sheet=258.

Reports

Institute of Medicine Preventing Child Obesity Report

A new report from the Institute of Medicine of the National Academies, developed by 19 experts in child health, nutrition, fitness, and public health in response to a request from Congress for an obesity prevention plan, says that reversing the rapid rise in obesity among American children and youth will require a multi-pronged approach by schools, families, communities, industry, and government that would be as comprehensive and ambitious as national anti-smoking efforts. While no single intervention or group acting alone can stop the epidemic of childhood obesity, the steps recommended by the report aim to increase and improve opportunities for children to engage in physical activity and eat a healthy diet.

Pre-publication copies of Preventing Childhood Obesity: Health in the Balance are available from the National Academies Press at 202-334-3313, 800-624-6242, or at <http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#10>. The cost of the report is \$52.00 (prepaid) plus shipping charges of \$4.50 for the first copy and \$.95 for each additional copy. Though the report does not focus on children with disabilities, most experts agree that childhood obesity is as much an issue among children with disabilities as it is for children without disabilities.

Research Study Participants Needed

Georgia Tech Arthritis and Mobility Impairment Research Studies

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#11>

Volunteers Needed

Kids Enjoy Exercise Now (K.E.E.N.) Volunteer Program, to increase recreational opportunities for children and young adults with mental and physical disabilities

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#12>

Events

Abilities Expo, focused on improving the lives of persons with disabilities, November 12-14, 2004

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#13>

Junior Orange Bowl, a developmental meet for athletes with physical disabilities, December 2-4, 2004

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#14>

Hartford Ski Spectacular, where athletes with disabilities learn to ski, snowboard, race, nordic ski, and more, December 5-12, 2004

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#15>

Ski for Light, a cross-country skiing program for blind, visually impaired, and mobility-impaired individuals and their guides, January 30 - February 6, 2005

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#16>

Conferences

Sibling Connections: A Gathering for Adult Siblings of Persons with Disabilities, October 29-30, 2004

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#17>

The North American Federation on Adapted Physical Activity Symposium, October 28-30, 2004

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#18>

Active Aging 2004: Catching the Wave, with information on fitness, recreation, wellness, and more for older adults, November 11-13, 2004

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#19>

The National Conference on Physical Activity for Exceptional Individuals, November 11-13, 2004

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#20>

21st Century Trails: A Universal Approach to Trail Design, on designing trails that are inclusive of people with disabilities, November 16-17, 2004

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#21>

Health Disparities: Progress, Challenges, Opportunities, March 1-3, 2005

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#22>

Jobs in Health, Disability, and Physical Activity

The National Center on Birth Defects and Developmental Disabilities, Disability and Health Team posts the following positions:

Senior Health Economist, GS 14

Epidemiologist & Health Scientist, GS 13

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#23>

NuStep Inc. Research Coordinator

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#24>

HealthCare Dimensions Incorporated Account Manager

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#25>

Fellowships

Postdoctoral Fellowships in Gerontological Public Health

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#26>

Grants

Nickelodeon Pro-Social "Let's Just Play" Campaign Grant Awards to promote more physical activity among kids with and without disabilities

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#27>

Women's Sports Foundation Accepting Applications for GoGirlGo! Grants for the development and funding of girls' sports/physical activity programs

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#28>

Grants for Americans with Disabilities New Freedom Initiative

<http://www.ncpad.org/newsletter/newsletter.php?letter=30&ion=424#29>

Newsletter Links

1. **The National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK)**
<http://www.niddk.nih.gov/health/nutrit/pubs/unders.htm>
2. **Shape Up America**
<http://www.shapeup.org/>
3. **National Center for Health Education**
[http://www.nche.org](http://www.nche.org;); http://www.nche.org/nche_news.asp
4. **Society for Public Health Education**
<http://www.sophe.org/>
5. **The American School Food Service Association**
<http://www.asfsa.org>
6. **Spina Bifida Association of America's Web site**
<http://www.sbaa.org/site/PageServer?pagename=index>
7. ***Adapted Games and Activities* at Human Kinetics**
<http://www.humankinetics.com/products/showproduct.cfm?isbn=0736054324>
8. **Advanced Notice of Proposed Rulemaking (ANPRM)**
<http://www.adaanprm.org> or <http://www.regulations.gov>
9. **Physical Inactivity Cost Calculator**
<http://www.activelivingleadership.org>
10. ***Preventing Childhood Obesity: Health in the Balance* report from National Academies Press**
<http://www.nap.edu>

<http://lab.nap.edu/nap-cgi/discover.cgi?restric=NAP&term=Preventing+Childhood+Obesity%3A+Health+in+the+Balance>

11. **Georgia Tech Arthritis and Mobility Impairment Research Studies**

1. Georgia Tech provides product-testing services to manufacturers who submit their products for consideration in the Arthritis Foundation's Ease of Use Commendation program. The program seeks participants with arthritis paid to share their experiences with common household products and try out new products that have been designed to improve the lives of people with arthritis. Access the Accessibility Evaluation Facility Web site at <http://aef.gtri.gatech.edu>, which contains a brief survey to indicate interest in participating in the evaluations and to describe the impact arthritis has on day-to-day activities. This data will be used to match participants to product evaluations. Call Tonya Whaley, Research Scientist, with questions at 404-894-1038.
2. Georgia Tech performs accessibility evaluations of electronic and information technologies such as multi-function copiers, postage machines, software, and Web sites. The program seeks participants with mobility impairments paid to help identify limitations in the design of these products that make the products difficult to use or prevent independent use. Participants may include people with limited reach and strength in their arms, limited fine motor control, or who use a scooter or power or manual wheelchairs. Evaluations will be held at the facility on the Georgia Tech campus in Atlanta, GA. Please call Tonya Whaley, Research Scientist, at 404-894-1038 if interested in participating.

12. **Kids Enjoy Exercise Now (K.E.E.N.) Volunteer Program**

Kids Enjoy Exercise Now (K.E.E.N.) is a non-profit, volunteer organization that provides free, one-to-one recreational opportunities for children and young adults with mental and physical disabilities in a non-competitive environment which encourages the fulfillment of individual goals. K.E.E.N. seeks to develop each athlete's self-esteem and confidence, and to increase each athlete's ability to participate in a broader range of recreational activities and environments. Each athlete has his or her own volunteer coach for our activities, which currently include soccer, tennis, track and field, basketball, swimming, aerobics, bowling, and various adaptive activities. The young people who participate in K.E.E.N. have disabilities such as autism, cerebral palsy, Down syndrome, and various developmental delays.

In January 2005, K.E.E.N. will launch a new program on Sunday afternoons for young people with disabilities in Chicago. Activities initially will take place at the New City YMCA at 1515 N. Halsted in Chicago.

If you are interested in learning more about K.E.E.N. and volunteer opportunities in Chicago, please send e-mail to KEEN@sonnenschein.com or go to <http://www.keenusa.org>.

13. **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 last show in 2004 will be held November 12-14 in northern California. View additional information at <http://www.abilitiesexpo.com/>.

14. **Junior Orange Bowl**

The Junior Orange Bowl Sports Ability Games, a developmental meet for athletes with physical disabilities, looks for disabled athletes who wish to test their skills in sailing, swimming, goal ball, and track and field competition in Miami, FL, December 2-4. Many former competitors have proceeded to the Paralympics to break world records.

For the 2004 Athlete's Entry Form, sponsorship opportunities, and more information, go to http://www.jrorangebowl.com/Events-index-id-18-g_id-18.html, e-mail kharper@akerman.com or call 305-374-5600, extension 4219.

15. **Hartford Ski Spectacular**

Disabled Sports USA announces the Hartford Ski Spectacular, December 5-12, in Breckenridge, CO. Learn to ski, snowboard, race, Nordic ski, and more. For more information and registration forms, go to <http://www.dsusa.org/winter-hartford.html>, call 301-217-9840, or e-mail events@dsusa.org.

16. **Ski for Light**

Ski for Light is a cross-country skiing program benefiting blind, visually impaired, and mobility-impaired individuals and their guides. More than 325 active adults from across the U.S. and around the world will celebrate the 30th annual Ski for Light International Week event in Granby, CO, January 30 - February 6, 2005. Participants will stay at the Inn at Silver Creek and ski each day at Snow Mountain Ranch, the "YMCA of the Rockies."

Ski for Light is always seeking new skiers and guides. Visually impaired individuals may contact Lynda Boose at 906-250-7836 or lynda@sfl.org. Mobility impaired individuals may contact Jeff Pagels at 920-494-5572 or jeff@sfl.org. The application deadline for skiers is November 1. To be a guide, no experience with visually or mobility impaired people is necessary. For those who are confident on skis, SFL holds an intensive one-day training session with seasoned skiers and guides. Contact Brenda Seeger at 507-274-5502 or brenda@sfl.org. Information and application forms are available at the Ski For Light Web site at <http://www.sfl.org>.

17. **Sibling Connections: A Gathering for Adult Siblings of Persons with Disabilities**

The first Sibling Connections Conference in Chicago will bring together siblings from across Illinois to share thoughts, concerns, and hopes through information sharing and exchange, strengthening networking connections and providing invaluable support. It will be held October 29-30 at the Center for Enriched Living, 280 Saunders Road, Riverwoods, IL.

For more information, contact John Kramer at 312-996-7988, e-mail: jkrame3@uic.edu, or see the Web site at http://www.uic.edu/orgs/rrcamr/Sibling_Conference/.

18. **The North American Federation on Adapted Physical Activity Symposium**

The 7th North American Federation of Adapted Physical Activity Symposium, "Back to the Future: Interdisciplinary Perspectives on Multidisciplinary Research," will be held October 28-30 at Lakehead University, Thunder Bay, Ontario. E-mail nafapa@lakeheadu.ca with additional questions.

19. **The International Coalition of Active Aging 2004 conference**

19. THE INTERNATIONAL COALITION OF ACTIVE AGING 2004 CONFERENCE

To be held November 11-13 in Orlando, FL, this conference will feature the latest market research on the mature population, world-class speakers, and more than 100 educational workshops, new activity sessions, and special events. The conference will also offer a unique opportunity to learn from and network with other professionals from such diverse fields as fitness, recreation, retirement, assisted living, rehabilitation, medicine, and wellness' all under one roof.

To view a conference schedule, learn about speakers, and find information about hotels and conference fees, go to <http://www.icaa.cc/convention/conventionmain.htm> or call the ICAA toll-free at 866-335-9777. To obtain a downloadable application form, go to <http://www.icaa.cc/convention/seminars.htm>.

20. The National Conference on Physical Activity for Exceptional Individuals

The 33rd National Conference on Physical Activity for Exceptional Individuals will be held November 11-13 at the Oakland Marriott Hotel in California. Click on <http://www.cahperd.org/sections/scape/> or <http://sc-ape.org/NCPAEL.htm> or e-mail Elaine.mchugh@sonoma.edu with questions.

21. 21st Century Trails: A Universal Approach to Trail Design

The National Center on Accessibility will present a two-day training opportunity on designing trails that are inclusive of people with disabilities. "21st Century Trails: A Universal Approach to Trail Design" will be held November 16-17 at Bradford Woods just south of Indianapolis. The focus of the seminar sessions will include but not be limited to: accessibility guidelines for trails, recommendations, and status of rulemaking; trail construction methods; trail surface materials; characteristics of the trail assessment process; and how program access affects the quality of the recreation experience. Building on the information presented in the classroom sessions, training course participants will evaluate some trails on site to determine how they can be redesigned to comply with the proposed trail standards and provide a quality recreational experience for visitors of all abilities.

Tuition is \$275 (includes lunch), and the deadline to register is November 8. This is an open registration seminar with limited space. Late registrations will be accepted as space allows. To register or for further assistance, please contact NCA at 812-856-4422 (voice) or 812-856-4421 (TTY), or contact Nan Smith at 812-856-4429 (voice), 812-856-4480, nanasmit@indiana.edu or visit the NCA web site at <http://www.ncaonline.org>.

22. Health Disparities: Progress, Challenges, Opportunities'

The 19th National Conference on Chronic Disease Prevention and Control, Health Disparities: Progress, Challenges, Opportunities, will be held March 1-3, 2005, at the Atlanta Marriott Marquis Hotel in Atlanta, GA.

The Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion, in partnership with the Chronic Disease Directors and the Prevention Research Centers Program, sponsors an annual conference designed to create a dynamic forum for examining public health policies and practices, increase the knowledge of science-based interventions in chronic disease prevention and control, and provide enriched opportunities for information exchange and networking among diverse professionals.

For more information about the conference, go to the conference Web site at <http://www.cdc.gov/nccdphp/conference> or call 770-488-5131.

23. **Senior Health Economist, Epidemiologist, & Health Scientist**

Senior Health Economist, GS 14

The Disability and Health Team of the National Center on Birth Defects and Developmental Disabilities at the Centers for Disease Control and Prevention announces an opening for Ph.D.-level Senior Health Economist. The health economist will investigate the cost, cost-benefit, cost-effectiveness, and cost utility of disability and health and the prevention of secondary conditions. The candidate would be expected to be proficient in SAS, SUDAAN, and SPSS, and familiar with large population-based data sets including the Health Interview Survey, NHANES, and/or SIPP.

Salary range for GS 14 in Atlanta: \$83,709 to 108,823. The position will be posted in late summer and filled late summer-early fall 2004.

Epidemiologist & Health Scientist, GS 13

Epidemiologist: The Disability and Health Team will be seeking one epidemiologist with strong analytical skills in population-based data sets. The candidate would be expected to be proficient in SAS, SUDAAN, and SPSS, and familiar with large population-based data sets including the Health Interview Survey-Disability Supplement, 1994 Health Interview Survey Supplement on Aging, NHANES, and/or SIPP.

Health Scientist: The team is also seeking at least one Ph.D.-level scientist with a strong background in disability research. The candidate for this position would be expected to be well-versed and well-regarded as an investigator in disability science. Candidates would be expected to be knowledgeable in mobility impairment, sensory impairment, or intellectual disability. Interests in children, adults, or older people with disabilities are welcomed.

Salary range for GS 13 in Atlanta: \$70,837 to 92,090. Positions will be posted in late summer and filled late summer-early fall 2004.

For more information contact: John E. Crews, DPA, Lead Scientist, Disability and Health Team, jcrews@cdc.gov; 404-498-3013.

24. **NuStep Inc. Research Coordinator Job Position Announcement**

NuStep Inc., a growing Ann Arbor company that designs, manufactures, and sells wellness and fitness products, plans to hire a Research Coordinator to conduct original scientific research as well as coordinate external research projects by leading researchers. The chosen candidate will conduct research in the areas of stroke, cardiac, obesity, and aging, and write grants for funding, publish and present data, stay connected with the scientific community, and run an exercise lab. Qualifications must include a Master's degree in exercise physiology, exercise science, or a related field, and preferably a Doctorate degree; 3 years' practical experience in scientific research and current or future certification from the ACSM; and excellent communication and presentation skills. If you want to join other friendly, fitness-minded people in a smoke-free, picturesque environment, e-mail your resume, a cover letter, and salary history to jbrant@nustep.com

25. **HealthCare Dimensions Incorporated Account Manager**

25. **HealthCare Dimensions Incorporated Account Manager**

The Account Manager serves as a liaison among a health plan partner, the fitness center network, Medicare-Eligible members, and the corporate team. Responsibilities include promotion of the SilverSneakers Fitness Program within the health plan, community awareness, day-to-day operations at the fitness centers, quality assurance at the fitness centers, training, and presentations. The position is located from a home office and the candidate can live anywhere within Cook County. Candidates should possess a combination of fitness, territory management, and managed care industry knowledge.

Resumes can be sent to Staffing at HCD via the Web at jobs@hcdimensions.com. For more information, please contact Michael Commito, HR Generalist, 480-783-9555, X1445.

26. **Postdoctoral Fellowships in Gerontological Public Health**

The School of Public Health at the University of Illinois at Chicago, through the Health Research and Policy Centers, is currently accepting applications for postdoctoral fellowships in Gerontological Public Health. This training program is sponsored by the National Institute on Aging and provides funding support for 2-3 years for postdoctoral trainees.

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 legal residents. For more information, go to <http://www.uic.edu/depts/ovcr/hrpc/centers/rha.html> or contact Thomas R. Prohaska, Ph.D., Gerontological Public Health Training Program Director, Center for Research on Health and Aging (MC 275), 1747 W. Roosevelt Rd., Room 558, Chicago, IL 60608, e-mail: prohaska@uic.edu, T: 312-413-9830, F: 312-413-9835.

27. **Nickelodeon Pro-Social "Let's Just Play" Campaign Grant Awards:**

Nickelodeon, which is celebrating its landmark 25th anniversary this year, supports television programming and production in the United States and around the world, plus consumer products, online, recreation, books, magazines, and feature films. Launched in June 2003, the multi-platform "Let's Just Play" campaign is Nickelodeon's national, grassroots effort to get kids more physically active and to encourage more positive, healthy, and playful lifestyles for kids across America.

Nickelodeon's pro-social "Let's Just Play" campaign, which celebrates active, healthy lifestyles for kids, is announcing its first call for entries for a newly established "Let's Just Play" grants program, offering a half-million dollars in awards to schools and after-school programs to provide resources to create and expand opportunities for physical play. Elementary schools, middle schools, and after-school programs across the country are eligible to enter the grants program by participating in "Let's Just Play" events within their own local communities. Criteria for entries, step-by-step details about how to apply (postmark date of November 1), and other information are now available at <http://www.everythingnick.com>. An interesting grant application would be to target children with disabilities, who usually have a much higher level of physical inactivity and social isolation.

disabilities, who usually have a much higher level of physical inactivity and social isolation.

For more information, contact Lauren Sklar, T: 212-846-7653, e-mail: Lauren.sklar@nick.com, and Nancy Muldoon, T: 212-846-7491, e-mail: nancy.muldoon@nick.com.

28. **Women's Sports Foundation Accepting Applications for GoGirlGo! Grants**

The GoGirlGo! Grant and Education Program is dedicated to the development and funding of girls' sports/physical activity programs that combine athletic instruction and programming with the delivery of educational information aimed at reducing risk behaviors. Administered by the Women's Sports Foundation, the GoGirlGo program provides financial assistance to sports and physical activity programs seeking to add new or expanded participation opportunities for an underserved population of girls, particularly economically disadvantaged girls and/or girls from populations with high incidences of health-risk behaviors. To be eligible for grants through the program, organizations, agencies, and schools must agree to participate in the GoGirlGo! educational curriculum. The curriculum is available free of charge from the Women's Sports Foundation. Applicants must have non-profit status and possess the demonstrated ability to deliver girls' sport/physical activity programming to girls in third to eighth grade. Applications must be received by the Foundation on or before November 30.

For more information, call 800-227-3988 or click on <http://www.womenssportsfoundation.org/cgi-bin/iowa/funding/featured.html?record=30>.

29. **Grants for Americans with Disabilities New Freedom Initiative**

The New Freedom Initiative, supported by President Bush, is a nationwide effort to remove barriers to community living for people of all ages with disabilities and long-term illnesses. It represents an important step in working to ensure that all Americans have the opportunity to learn and develop skills, engage in productive work, choose where to live and participate in community life.

To inquire about the specific initiatives in your state, go to <http://www.cms.hhs.gov/newfreedom/default.asp>.

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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