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From the Editors Desk: Obama Addresses the Need for the Great Outdoors for All

On August 31, the Chicago Park District held a press conference at North Beach on Lake Michigan. This event was part of President Obama's America's Great Outdoors Initiative, where the goal is to help Americans reconnect to the "great outdoors" and all that it has to offer. Besides having people utilizing the parks, lakes, and beaches, part of the initiative is showing Americans the importance of our natural resources. In running a successful initiative, leaders understand the importance of access – Access to the Great Outdoors for All.

Part of the event highlighted North Beach's accessibility and inclusivity for people with disabilities. The idea is to show that anyone can enjoy the outdoors, it doesn't matter what your level of function or ability. The event that took place in Chicago will show other local areas in other states the need to make the outdoors accessible for all Americans.

To learn more about President Obama's America's Great Outdoors Initiative, go to

<http://www.doi.gov/americasgreatoutdoors>. You can also submit your ideas and suggestions on how to make our outdoors even better.

To view the press coverage, go to <http://www.youtube.com/watch?v=dfcjqVCYNx4>

Send your questions and comments to Jenny Carlton, NCPAD News Editor, at jcarlto1@uic.edu.

Directors Column: Race, Poverty and Disability: Three Pillars of Need in Health Promotion

Surprisingly, it's already been 5 years since Katrina hit New Orleans. And yet, there are still thousands of people whose lives are not back to the way they were once before. Many of the individuals that are still struggling are among people of color, the elderly, and children, adults, and seniors with disabilities. These are also the groups that need the most attention and services regarding health promotion assistance. Read further about the health promotion discrepancies among these groups in this column.

To read this month's column, go to http://www.ncpad.org/director/fact_sheet.php?sheet=834.

From the Information Specialists Desk: New Quick Series Booklet on Limb Loss PLUS Another Round of CIFT Webinars!

NCPAD, along with their partners at the Rehabilitation Institute of Chicago, is excited to offer a brand new Quick Series booklet to accompany the Exercise with Limb Loss video that was released in 2009. This is a great pocket-sized quick reference guide for individuals with limb loss as well as fitness professionals. This resource can be used to complement the Limb Loss video, or as a guide when exercising in your home, at a fitness center, or even on the go. You can view or purchase the booklet on our web shop page.

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

Also, to those fitness professionals who are interested in the ACSM/NCPAD Certified Inclusive Fitness Trainer certification (CIFT), the first session of the six part webinar series to help you prepare for the exam will start October 27th and will end with session six on December 8th. To get additional information and to register, please visit ACSM's website at

http://www.acsm.org/Content/NavigationMenu/Certification/CIFTWebinar/CIFT_Webinar.htm

And finally, we want to mention the last part of the three-part series on golf written by Gary Robb. This section discusses the meaning of inclusion and what factors need to be addressed to achieve inclusion. Robb also explains the need to spread more awareness about golf and how to get individuals with disabilities more involved in the sport.

Inclusion: The Ultimate Golf Goal, go to http://www.ncpad.org/fun/fact_sheet.php?sheet=830.

Gary was the former Associate Professor and Executive Director of the National Center on Accessibility (www.ncaonline.org) and the Bradford Woods Outdoor Center at Indiana University. He was involved in the US Access Board's development of Guidelines for Recreation facilities, including golf courses. He was instrumental in forming the National Alliance for Accessible Golf and was its first President. Gary has been involved in accessible golf for 20 years and was Co-Director of Project GAIN, a comprehensive and inclusive golf program for people with disabilities.

More news you might have missed this past month:

U. of I. Opens State-of-the-Art Dorm for Students with Disabilities

<http://www.chicagotribune.com/news/education/ct-met-u-of-i-disability-dorm-20100818,0,2529515.full.story>

The Miracle of Science: Helping People with Spinal Cord Injuries Walk

http://fescenter.org/index.php?option=com_content&view=category&layout=blog&id=2&Itemid=19

US Department of Labor announces \$22 million in grant funds for Disability Employment initiative

<http://www.dol.gov/opa/media/press/eta/eta20101096.htm>

Bounder Plus Power Wheelchair – customizable wheelchair packages

<http://wheelchairs.com>

Access to Free Digital Books to Individuals with Vision Impairments

http://openlibrary.org/subjects/accessible_book

Accessible Digital Media Guidelines

http://ncam.wgbh.org/invent_build/web_multimedia/accessible-digital-media-guide

Policy Options to Improve Specialized Transportation

<http://www.hcbs.org/files/192/9583/Specialized-transportation.pdf>

FITT Column: Smartphone Applications Help You Lose Weight, Track Your Workouts, and Learn Braille

What do you never leave home without? Or if you do, suddenly you feel lost and disconnected — your phone. Whether you are an iPhone, Blackberry, or Android user, odds are you depend on your phone for doing much more than just making phone calls. Apps are simply applications that you can download to your phone to make life easier. Many are free and the uses are endless. The world's second-largest app store, GetJar, predicts downloads of mobile apps will reach 50 billion by 2012. It is only natural that this rapidly growing industry would target the fitness and weight loss markets. But are the new apps accurate? How can they help you reach your goals?

To read this month's column, go to http://www.ncpad.org/fitt/fact_sheet.php?sheet=835.

Weight Smart Column: Portion Control How Much Are You Really Eating?

After reading this month's article, you will understand how portion size really does matter, especially for those who are trying to lose weight. The bigger the serving size, the more calories. Of course, this depends on how much YOU decide to consume. Unfortunately, there is research that shows when given a larger portion of food, individuals will consume more than necessary. Many people make the mistake of mindless eating and/or eating just for the sake of cleaning one's plate. Sometimes when you super-size or receive double the amount of food, it's not always a great value. You may think it's a good value for your money, but what about your waistline?

To read the rest of this month's column, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=831.

Nutrition Spotlight: Food Facts with Gillian: Pizza

Pizza is one of the most popular food items in the U.S. Americans eat around 350 slices of pizza each second. It's easy to see why it's a favorite. It's easy to eat, it's cheesy, and you can order it just the way you want. Although delicious and versatile, pizza is not the healthiest food choice. Today, for those who want to make healthier choices, but don't want to eliminate their favorite food all together, healthy options are available, such as Lean Cuisine & Healthy Choice. If you don't want to go the frozen route, check out Gillian's recipe and make your own pizza – your toppings and just the way you like it!

To watch this month's recipe, go to <http://www.youtube.com/watch?v=5K89nNNyJ3Y>.

The Training Corner: High Cholesterol and Exercise: Helping Your Clients Lower Their Numbers

Unfortunately, high cholesterol is a very common condition in the U.S. It is also linked to causing heart disease. So, what are some of the solutions to lowering high cholesterol? Well, besides a healthy diet and medications — physical activity! Exercising regularly is already recommended for optimum health, but it also helps individuals to lower bad cholesterol. Learn about the difference between LDL and HDL cholesterol and some considerations fitness professionals need to know when working with clients with dyslipidemia.

To read this article, please go to: http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=832.

Research Corner: Adoption of the Revised ADA Standards for Accessible Design What it Means to Recreation Facilities

The Americans with Disabilities Act (ADA) has undergone some changes regarding regulations to the Standards for Accessible Design and a recent announcement from the White House indicates that the highly anticipated adoption of these changes by the Department of Justice is finally taking place! The adoption of and these revisions are important to the NCPAD community because they involve access to physical activity and recreation facilities/programs for all individuals. This month's research article tackled the task of summarizing these changes specifically as they relate to recreation facilities.

To read more, please go to: http://www.ncpad.org/research/fact_sheet.php?sheet=833.

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