

# NCPAD



**Do you get enough?**

*Physical Activity is for **Everybody!***

**National Center on Physical  
Activity and Disability (NCPAD)**

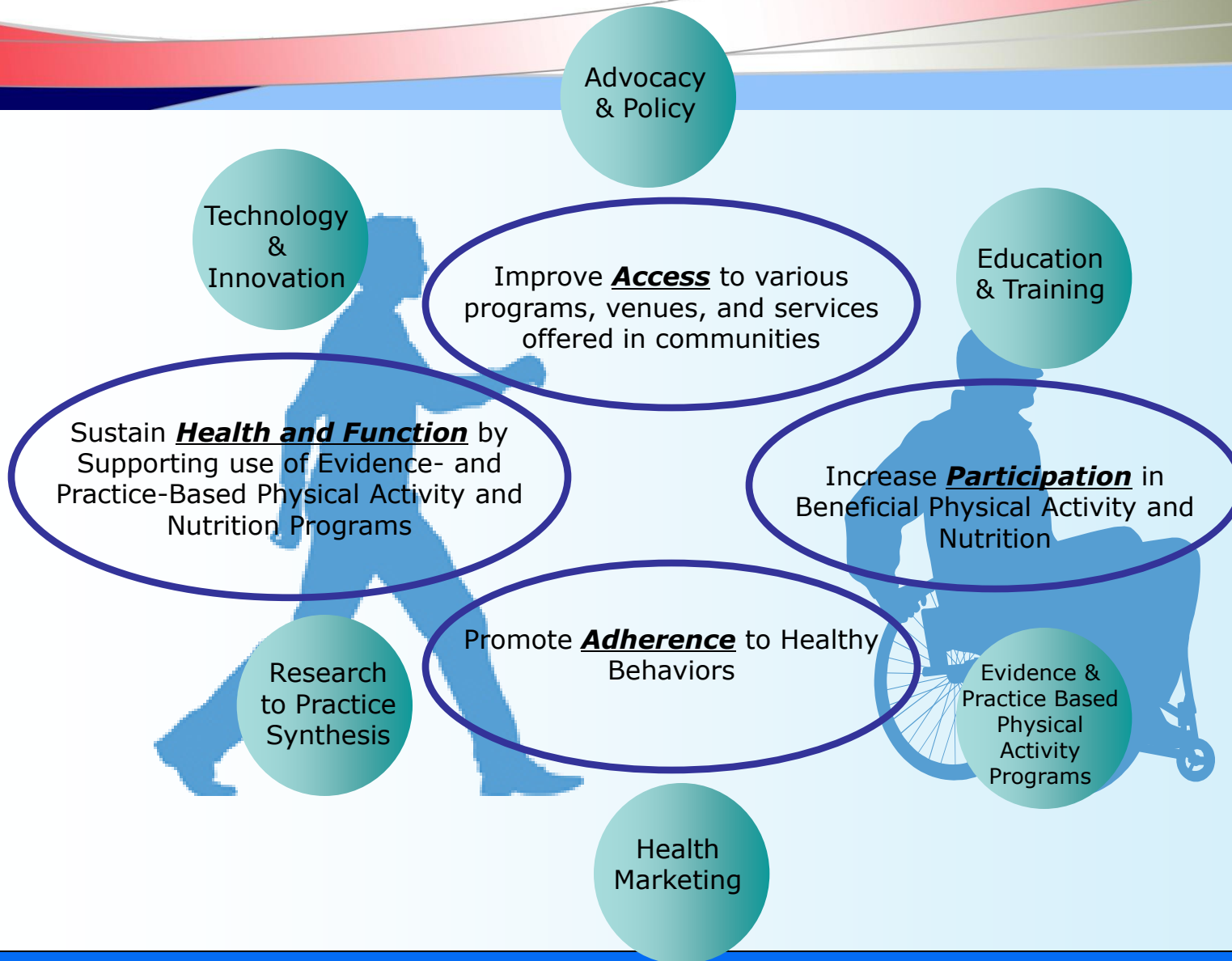
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# NCPAD's History

- 1999-2003 – Built a ‘paperless’ Information Center using existing and emerging IT and national experts.
- 2003-2008 – Transitioned from online fact sheets, monographs, etc. to videos, workshops, exhibits and building online programs (i.e., MyNCPAD, searchable databases, etc.).
- 2008-2012 – Moving from a ‘static’ to ‘dynamic’ Center in the delivery of HP (e.g., social networking, online HP programs, partnerships with State D&H programs and other national initiatives, etc.).

# Current Goals





*Do you get enough?*

# **Transitioning from a Static to Dynamic (Interactive) Center**

# NCPAD's 14 Week Program to a Healthier You



- February 2009
  - over 700 individuals, including group facilitators from various organizations
- March 2010
  - over 2500 individuals participating

# Recruitment Methods

- NCPAD newsletter
- Unobtrusive, one time CSS pop messages
- Targeted advertisements used on disability specific websites
- Focal point navigation method

# Demographics

- 2977 registered users
- 514 (17%) provided mobile numbers to send SMS alerts
- Age groups:
  - 48% of adults over 50
  - 47% of adults 20-49
  - 2% adolescent
  - 1% children
  - 2% not reported

# Demographics (continued)

- 35% have a disability, of which
  - 89% have a physical disability
  - 21% have a cognitive disability
  - 17% have a sensory
  - 11% have a learning disability
- 65% do not have a disability



# Baseline Survey

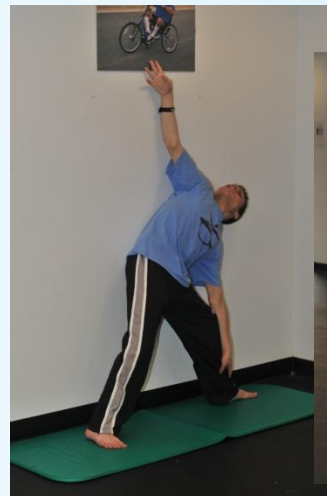
- Current exercise status
- Minutes per week for people who have been exercising
- Intend to exercise in the next 6 months
- Do people important to you feel that you need to exercise?
- Do you have control over the amount of physical activity you get?
- Do you feel that you enjoy physical activity?

# Issues

- Reaching participants via email
- Reaching participants at right point in time will heavily increase the prospects of better participation
- A future model will be focused on advancing social media approaches
  - Twitter/Facebook
  - SMS
    - Better attention-grabbing capability than emails

# Program Deployment

- HHS Guidelines
- Exercise Development
  - Modeling
  - Progression
  - Adaptations
  - Resources



# NCPAD



**Education, Training &  
Outreach**

# Education and Training

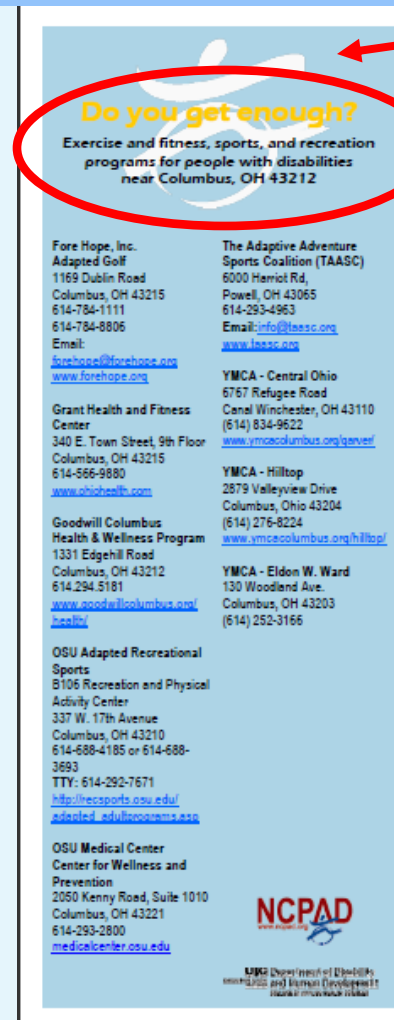
- Certified Inclusive Fitness Trainer
  - Partnership with American College of Sports Medicine
- Workshops/webinars for facilitators of health promotion programming
  - State Partnerships
    - Targeted populations



# Local Awareness Campaign

- CILs and other disability organizations are sent posters and handouts to promote physical activity campaign.
  - HHS guidelines
  - **Personalized** listing of accessible programs in area

Accessible programs in your area



**Do you get enough?**  
Exercise and fitness, sports, and recreation programs for people with disabilities near Columbus, OH 43212

Fore Hope, Inc.  
Adapted Golf  
1169 Dublin Road  
Columbus, OH 43215  
614-784-1111  
614-784-8806  
Email: [forehope@forehope.org](mailto:forehope@forehope.org)  
[www.forehope.org](http://www.forehope.org)

Grant Health and Fitness Center  
340 E. Town Street, 9th Floor  
Columbus, OH 43215  
614-866-9880  
[www.nicholshealth.com](http://www.nicholshealth.com)

Goodwill Columbus Health & Wellness Program  
1331 Edgehill Road  
Columbus, OH 43212  
614.294.5181  
[www.goodwillcolumbus.org/health/](http://www.goodwillcolumbus.org/health/)

OSU Adapted Recreational Sports  
8106 Recreation and Physical Activity Center  
337 W. 17th Avenue  
Columbus, OH 43210  
614-688-4185 or 614-688-3693  
TTY: 614-292-7671  
[http://recsports.osu.edu/adapted\\_adultsports.aspx](http://recsports.osu.edu/adapted_adultsports.aspx)

OSU Medical Center  
Center for Wellness and Prevention  
2050 Kenny Road, Suite 1010  
Columbus, OH 43221  
614-293-2800  
[medicalcenter.osu.edu](http://medicalcenter.osu.edu)

The Adaptive Adventure Sports Coalition (TAASC)  
6000 Hamlet Rd.  
Powell, OH 43065  
614-293-4963  
Email: [info@taasc.org](mailto:info@taasc.org)  
[www.taasc.org](http://www.taasc.org)

YMCA - Central Ohio  
6767 Refugee Road  
Canal Winchester, OH 43110  
(614) 834-9622  
[www.ymcaohio.org/gover/](http://www.ymcaohio.org/gover/)

YMCA - Hilltop  
2879 Valleyview Drive  
Columbus, Ohio 43204  
(614) 276-8224  
[www.ymcaohio.org/hilltop/](http://www.ymcaohio.org/hilltop/)

YMCA - Eldon W. Ward  
130 Woodland Ave.  
Columbus, OH 43203  
(614) 252-3166

**NCPAD**  
National Center on Physical Activity and Disability  
U.S. Department of Health and Human Services  
Health and Human Services



## Physical Activity Guidelines for Adults with Disabilities

from the U.S. Department of Health and Human Services (HHS)

- Adults with disabilities, who are able to, should get at least 150 minutes a week of moderate-intensity aerobic activity, or 75 minutes a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.

- Adults with disabilities, who are able to, should also do muscle-strengthening activities of moderate or high intensity that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

- When adults with disabilities are not able to meet the Guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.

- Adults with disabilities should consult their health-care provider about the amounts and types of physical activity that are appropriate for their abilities.

**Physical Activity is for Everybody!**

For more information on programs for persons of all ages, with all disabilities, chronic conditions, and mobility limitations, please contact the National Center on Physical Activity and Disability at (800) 900-8086 or [ncpad@uiuc.edu](mailto:ncpad@uiuc.edu) or visit our website at [www.ncpad.org](http://www.ncpad.org).