



# Disability & Health Partners Meeting June 14 -16, 2011

## NCPAD JOINT SESSIONS AGENDA



**BUILDING HEALTHY COMMUNITIES FOR EVERYONE**



## Day 1 - June 14

### 8:30am-9:15am Optional Physical Activity

Suzanne Gray and Jennifer Day, Right-Fit – Sport Fitness Wellness  
([www.right-fit.com](http://www.right-fit.com))

#### Sensible Fitness for Older Adults and their Caretakers

Sensible Fitness was specially designed with older adults, including those who may have Alzheimer's or dementia, and their caretakers. This demonstration emphasizes physical, mental and social activities, with simple equipment to improve health, mental and physical function. Sensible Fitness is a partner type enjoyable exercise program that relies on a progression of common sense principles of movement to improve balance, flexibility, cardio endurance and more! The exercises and activities will work on breath, posture, trigger release, grip strength and functional movement patterns.

### 9:45am-10:45am Opening Plenary: Building Healthy Communities for Everyone

Carolyn Brooks, MA

#### Advancing Health Equity in Communities Putting Prevention to Work (CPPW)

CPPW supports fifty communities to use policy, systems, and environmental change approaches to combat obesity and tobacco use. Such approaches are promising for addressing health inequities. However, such changes are not sufficient without strategic actions to alleviate barriers populations experiencing health disparities may face as well as any negative unintended consequences. Integrating health equity in these efforts is critical for ensuring such changes are planned for and implemented in ways to improve the health of all.



## 3:15pm-4:30pm Session 1: Creating Healthy Communities Through Tool Development & Dissemination

Shannon Griffin-Blake, PhD

### Building Healthy Communities: Using CHANGE to Understand Community Needs

CDC's Healthy Communities Program recognized that communities were struggling with assessing policy, systems, and environmental change strategies at the local-level and developed a community assessment tool called the Community Health Assessment and Group Evaluation (CHANGE) tool. Using CHANGE, community teams have been found to strengthen their cohesion while transforming communities into those that support healthy living (e.g., preserving green space, improving neighborhood safety, developing walking trails, retrofitting streets with bike lanes, instituting menu labeling and tobacco-free policies).

Jennifer Leeman, DrPH

### The Center for Training and Research Translation: Reviewing, Packaging, and Disseminating Obesity Prevention Interventions

A growing pool of interventions support healthy eating and physical activity through changes to environments and policies. The challenge now is to disseminate those interventions in formats that provide the guidance and materials practitioners need to implement them in practice. This session will describe how the CDC-funded Center for Training and Research Translation reviews, packages, and disseminates interventions ([www.center-trt.org](http://www.center-trt.org)). The session will also provide an overview of Center resources for practitioners as they intervene to prevent obesity.



3:15pm-4:30pm Session 3: Christopher and Dana Reeve  
Foundation - Quality of Life Grants: Model Programs of Inclusion

Sarah Strunk, MHA

Creating Healthy Communities Through Tool Development and  
Dissemination

From Paper to Pavement: Lessons Learned from Active Living By  
Design

Walkability audits. Playability plans. Healthy eating assessments. Healthy living indices. Now more than ever, researchers, citizens, advocates, professionals and policymakers have dozens of tools available to help them assess and improve the health of their communities. But sorting through which tools are most appropriate, for whom and under what circumstances can be a challenge. In this session, you will learn how Active Living By Design works with diverse partnerships across the country to increase active living and healthy eating; understand how tools can be used as a vehicle for community, youth and policymaker engagement as well as sustainability; and hear examples of how local healthy community coalitions have used various tools to support their work.

3:15pm-4:30pm Session 3: Christopher and Dana Reeve  
Foundation - Quality of Life Grants: Model Programs of Inclusion

Sarah Milligan-Toffler

Inclusion Benefits Everyone

Sarah Milligan-Toffler, Associate Executive Director of Wilderness Inquiry, will discuss Wilderness Inquiry's successful model of inclusion and the many benefits of including people of all abilities and backgrounds in outdoor programs. Participants will learn about the 7-Steps of Social Integration and the Universal Program Participation Model which form the basis of WI's inclusive programming. Ms. Milligan-Toffler will also describe how Wilderness Inquiry regularly serves individuals with spinal

cord injuries on outdoor adventures with funding support from the Christopher and Dana Reeve Foundation.

Frederick Leone  
**Boundless Playgrounds**

Boundless Playgrounds, Inc., a national nonprofit that develops inclusive playgrounds for children.

Melinda Kremer, CWDT (Master) & Robert Hansberry, MS, CNA, CWDT  
**Partnered Wheelchair Dancing - A Healing Art**

Ballroom and Latin Dancing (BL&D) has proven to be therapeutic for populations afflicted with Parkinson's/Alzheimer's disease. American DanceWheels Foundation (ADF) is the ONLY organization whose copyrighted system teaches American Style BL&D to couples comprised of one person using a wheelchair and one not. Over the past 10 years, ADF's system has shown to be socially and physically therapeutic allowing individuals with ambulatory disabilities to participate regardless of age, physical ability, or manual/power wheelchair.

**4:30pm-5:00pm Optional Physical Activity** 

Kim Mueller, Bill Cummings and Tom Cummings, The Wellness Pros, Inc. (<http://thewellnesspros.org>)  
**Balance and Strength Training for All**

During this physical activity break, The Wellness Pros will be demonstrating balance and strength training exercises which can be adapted to all levels of fitness and physical ability. The Wellness Pros, Inc. is a 501(c)3 non-profit organization which provides individuals with disabilities unprecedented access to therapeutic exercise. They combat the significant risks that overweight and obesity pose to individuals with disabilities by providing onsite

fitness programming with accessible equipment and delivered by specially trained staff.

## Day 2 - June 15

### 8:30am-9:15am Optional Physical Activity

Ryan McGraw, National Center on Physical Activity and Disability  
([www.ncpad.org](http://www.ncpad.org))

#### Yoga for EveryBODY

Yoga can be adapted to the needs of anyone. Whether you are a wheelchair user or a person with very limited mobility you can still receive the physical and mental benefits of yoga. After a brief talk on how yoga can be adapted, participants will be invited to take part in a chair yoga practice.

### 9:15am-10:45am Session 2: Strengthening Community Leadership for Families, Children, & Youth

Margaret Hower, MPH, MSW

#### Building Community Leadership through Partnerships and Multidisciplinary Coalitions

Integrated policy, system and environmental changes have the potential to impact whole communities and yet no one person, agency or approach can bring about these changes alone. The Robert Wood Johnson Foundation, the Centers for Disease Control and many other funding sources support partnerships and coalitions to bring about sustainable public health improvements. What do we know about building inclusive leadership in coalitions and partnerships and what is working around the country today? Examples from Active Living by Design and Healthy Kids, Healthy Communities will illustrate current strategies to build community leadership and capacity and to bring about policy, system and environmental change.



David R. Brown, PhD

Resources, Opportunities, and Challenges for Strengthening  
Community Leadership to Increase Physical Activity Among  
Families, Children and Youth

This presentation will highlight resources, including the 2008 Physical Activity Guidelines for Americans and the National Physical Activity Plan, that can be used to sustain or promote leadership in Physical Activity and Public Health. Opportunities to strengthen leadership in communities to increase physical activity among families, children and youth will at times be highlighted. Challenges that may need to be addressed as part of the process of strengthening leadership in physical activity, and its relationship with obesity as a health outcome, will also be considered.

Linda Bandini, PhD, RD

Health Promotion Research and Outreach for Persons with  
Intellectual and Developmental Disabilities at the UMass Medical  
School-Shriver Center

This presentation will review the research and community outreach activities focused on health promotion for children with intellectual and developmental disabilities (IDD) at UMass Medical School-Shriver Center. Research activities include observational studies in nutrition and physical activity, physical activity interventions, and a small randomized controlled weight loss trial. Community-based activities include healthy eating classes for adolescents with IDD, community recreation program for children with IDD, and collaborating with Special Olympics, MA around healthy eating.



Joan Almon

## Inclusive Play for All Ages

During the past 30 years, children's play time has seriously diminished. Now parents, educators, and health and recreation professionals are seeking ways to restore play for all children (and adults). This is a critical moment for assuring that play becomes far more inclusive than it previously was. Adventuresome, inclusive playspaces for all ages are needed that are overseen by playworkers who are well-educated in supporting free play without directing or organizing it.

### 12:30pm-1:30pm Lunch Keynote Symposium

Jeff Levi, PhD

Executive Director, Trust for America's Health, Chair, The President's Advisory Group on Prevention, Health Promotion and Integrative and Public Health

Dr. Levi leads his organization's advocacy efforts on behalf of a modernized public health system. Dr. Levi oversees TFAH's work on a range of public health policy issues, including its annual reports assessing the nation's public health preparedness, investment in public health infrastructure, and response to chronic diseases such as obesity. Dr. Levi received a BA from Oberlin College, an MA from Cornell University, and a PhD from The George Washington University.

### 1:45pm-3:00pm Session 1: Environmental Change Strategies

Rebecca E. Lee, PhD

## Contributions of the Built Environment to Physical Activity and Dietary Habits: Implications for Disabled Populations

Neighborhood environments have become increasingly recognized as important for maintaining health behaviors. Four case examples are reviewed investigating neighborhood



streets, physical activity resources, produce availability and marketing and their relationship to resident health habits. Neighborhood attributes may help residents to meet national guidelines, in turn preventing health compromising conditions. Neighborhood environments with improved physical activity and food environments may be particularly critical for disabled populations or those with limited mobility.

Phillip Troped, PhD

[What do we know about effects of the neighborhood built environment on physical activity among older adults? And what do we need to know?](#)

Despite the well-established health benefits of physical activity, older adults are at greater risk for being inactive compared to younger age groups. Recent research has focused on the potential role that the neighborhood built environment may play in supporting physical activity among older adults. This session will provide a brief overview of current built environment evidence in older adults, describe an ongoing study with older women from the Nurses' Health Study cohort, and identify areas of built environment research needing further investigation.

Amy Hillier, MSW, PhD

["When and Where I Enter" - Assessing and Advocating Access for All](#)

This presentation introduces a new method for assessing access to healthful foods and physical activity for people with disabilities that combines (1) GIS mapping; (2) administrative data; (3) activity data; and (4) flash assessments. It utilizes the Health Environmental Integration (HEI) conceptual model which recognizes that the wellbeing of society depends on the ability of people in different states of health, illness or disability to obtain life sustenance within their environment.



### 3:00pm-3:40pm Optional Physical Activity

Melinda Kremer and Robert Hansberry, American DanceWheels Foundation, (<http://www.americandancewheels.com/>)  
**Partnered Wheelchair Dancing, A Healing Art**

This session will include a demo and mini lesson from American DanceWheels Foundation wheel one wheelchair dance syllabus. Participants will have a chance to experience wheelchair ballroom and Latin dance therapy as both a standing dancer and a dancer using a wheelchair.

### 3:40pm-4:45pm Presentation with Discussion Topic 1: Building Capacity to Create Healthy Community Change

Sandra R. Viera, MPAC  
**Building Healthy Communities: A Primary Prevention Approach**

Prevention Institute, a national non-profit organization, is committed to improving community environments and preventing injuries and illness before they occur by developing frameworks, strategies and tools that are designed to reflect and respond to diverse community needs and assets. A range of tools and resources will be presented that illustrate promising strategies, specifically focused on policy and organization practice change, that have the potential to improve community-wide health, safety, and equity outcomes, particularly in the areas of healthy eating and active living.

Joanne Gooley MA, RD  
**California Project LEAN's efforts to Improve Physical Activity and Nutrition Environments through Stakeholder Engagement**

Join us to learn about California Project LEAN's strategy of engaging state and local physical activity and nutrition leaders, school board members, youth, parents, and promotoras to implement policy and environmental change strategies that

improve access to healthy food and physical activity opportunities. You will learn about our technical assistance strategies, tools, and resources for engaging key stakeholders in community-based obesity prevention efforts.

### 5:30pm--? Evening Walk and Roll/ Optional Physical Activity

Jennifer Green and Jessica Madrigal, National Center on Physical Activity and Disability ([www.ncpad.org](http://www.ncpad.org))

#### Evening Walk-N-Roll to Millennium Park

Join NCPAD staff as we walk and wheel through the city! Meet in lobby 5:30pm. (Weather Permitting.)

## Day 3 June 16

### 8:30am-9:00am Optional Physical Activity

Pamela Ferris

FitnessFun, Rehabilitation Institute of Chicago (<http://www.ric.org/>)

Come and join a fun and energetic fitness event that is suitable for all attendees regardless of age or disability. Discover how much fun fitness can be and how it can help with weight loss, self-esteem, and mood. Exercises can be done either seated or standing. This class will feature a warm-up, cardiovascular portion, and cool down and will be accompanied by upbeat music. Bring your workout shoes!

### 10:15am-11:30am Session 2: Policy Change Strategies

Kara Vonasek, MPH

#### Health Impact Assessment: A Collaborative Tool for Advancing Smarter Polices and Healthier Communities

Health impact assessment (HIA) uses a practical, well-defined approach to bring together scientific data, health expertise



and public input to identify the potential health effects of a new proposal; and to offer actionable recommendations that maximize health and minimize unintended consequences of decisions typically made outside the public health sector. This presentation will focus on HIA as a tool to facilitate collaboration between the disability and the public health sectors working to promote healthy communities.

Stefanie Seskin, MUPP

### [Improving Accessibility for All through Complete Streets Policies](#)

Streets in our communities must allow safe and comfortable travel for everyone, including people with disabilities. Yet, they often are difficult and unsafe to navigate for anyone traveling outside a car. This presentation will discuss the principles of the Complete Streets movement and the ways the current trend toward creating livable communities translates into improved transportation options for people with disabilities, as well as the general public.

Terrence D. Roche, MS

### [How the YMCA is Responding to the Nation's Health Crisis](#)

Learn how, since 2004, the YMCA's Healthier Communities Initiatives has provided a comprehensive process to over 200 community leadership teams across the nation to ensure healthy living is within reach of all people who live in those communities. As a result, a recent sample of 91 of the Y's sites shows how local leaders influenced 14,459 changes in policies and the physical surroundings related to healthy eating and active living, impacting 34.3 million lives.



## About NCPAD

The University of Illinois at Chicago (UIC), through its Department of Disability and Human Development and in collaboration with several major organizations in physical activity, rehabilitation and disability, operates the National Center on Physical Activity and Disability (NCPAD). The primary focus of NCPAD is to improve the health, wellness, and quality of life of people with disabilities by promoting and facilitating increased participation in physical activity and recreation. NCPAD is a proven and effective online health promotion resource center supplemented by personalized services fully accessible to people with disabilities.

For more information about NCPAD, please visit our website at [www.ncpad.org](http://www.ncpad.org) or contact us at (800) 900-8086 or [ncpad@uic.edu](mailto:ncpad@uic.edu).

The National Center on Physical Activity and Disability (NCPAD) at the University of Illinois at Chicago is funded by the Centers for Disease Control and Prevention (CDC), National Center on Birth Defects and Developmental Disabilities (NCBDDD), Disability and Health Branch (Grant# 5U59DD000437).



**BUILDING HEALTHY COMMUNITIES FOR EVERYONE**

