

National Center on Physical Activity and Disability
www.ncpad.org

Abstract

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The primary focus of the National Center on Physical Activity and Disability (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. The Center features a proven and effective online health promotion resource center supplemented by personalized services fully accessible to people with disabilities. NCPAD utilizes proven and emerging information technologies to promote greater - access to opportunities for beneficial physical activity, increased participation in structured and unstructured physical activity programs, higher rates of adherence to regular physical activity, and greater awareness of the health and function benefits people with disabilities can attain from healthful nutrition and physical activity regimens. The Center also takes full advantage of the growing convergence of entertainment and communications media — television, video, telephone, and Internet — to deliver high quality multi-media instructional and promotional materials directly to people with disabilities, caregivers, health, rehabilitation and fitness professionals, and researchers. Key features of the Center include:

1. Exceptional cross-disability presence with national representation of persons with *all* types of disabilities through participation with the nation's leading disability organizations;
2. A strong and proven record of accomplishments in information technology and health promotion, including successful operation of multiple projects of similar scope;
3. Exceptional breadth and scope of expertise in all critical areas of physical activity and disability, including fitness, health promotion, nutrition, outdoor and indoor recreation, adaptive sports and rehabilitation;
4. Integral participation by people with disabilities in all aspects of the Center, including the collaborating partnerships, the National Consumer Advisory Panel, and faculty and staff of the applicant organization.

NCPAD has a productive, programmatic partnership with CDC's Disability and Health Team and has expanded its collaborative partnerships with an impressive number of major national organizations central to its mission. These include the American College of Sports Medicine, American Physical Therapy Association, American Therapeutic Recreation Association, YMCA of the USA, Inclusive Fitness Coalition (representing 70 disability, public health and fitness/rehabilitation organizations), Rehabilitation Institute of Chicago, US Paralympics, Arc of US, and Spina Bifida Association. Measurable outcomes align with the National Center on Birth Defects and Developmental Disabilities (NCBDDD) goal to "monitor, characterize, and improve the health status of Americans with disabilities."