

## *BlazeNotes* September 2008

*BlazeNotes is a monthly publication of the BlazeSports Institute for Applied Science (BIAS) designed to provide new and emerging information on disability sport, physical activity and healthy lifestyles.*

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#### **Ann Cody receives National Administrator of the Year Award National Council for Youth Sports and Hershey's STRIVE Award**

Ann Cody will be honored on Sunday, November 2, 2008 at the Indoor Wheelchair Soccer National Championship, hosted by BlazeSports America, at the Ramsey Student Center on the University of Georgia campus in Athens, Georgia, just outside of Atlanta. The STRIVE event presentation is hosted by the NCYS and The Hershey Company. During the celebration, Cody will receive a check for \$2,500, which she has announced, will be donated to BlazeSports America

#### **National Physical Activity Guidelines-- Update**

In October 2008, the U.S. Department of Health and Human Services (HHS) will release the first Physical Activity Guidelines for Americans at a news event in Washington, DC. The PA Guidelines are based on a major review of the science on the benefits of physical activity and address adults, older adults, children and adolescents, and people with disabilities and chronic conditions. See the HHS announcement at <http://www.health.gov/PAGuidelines/>. The PA Guidelines will be made available at the launch in October, along with supporting documents, such as a consumer booklet, and a toolkit for public health professionals.

#### **Children's Physical Activity Drops From Age 9 to 15, NIH Study Indicates –**

The activity level of a large group of American children dropped sharply between age 9 and age 15, when most failed to reach the daily recommended activity level, according to the latest findings from a long-term study by the National Institutes of Health. The analysis is one of the largest, most comprehensive of its kind to date. The researchers evaluated the children to determine whether they achieved the minimum 60 minutes per day of moderate to vigorous physical activity (MVPA) recommended for children. At age 9, the children averaged roughly three hours of MVPA on weekdays and weekends. By age 15, however, they averaged only 49 minutes per weekday, and 35 minutes per weekend.

“Lack of physical activity in childhood raises the risk for obesity and its attendant health problems later in life,” said Duane Alexander, M.D., Director of NIH’s *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD). “Helping American children maintain appropriate activity levels is a major public health goal requiring immediate action.” The full article from NIH News can be found at: [http://www.nichd.nih.gov/news/releases/july152008\\_physical\\_activity.cfm](http://www.nichd.nih.gov/news/releases/july152008_physical_activity.cfm)

## **Resources and Tools**

### **October 8, 2008 : Walk 'n Roll to School Day – Including children with disability**

Start planning now! Registration is open for 2008 International Walk to School, an international event where communities from over 40 countries join together to walk and bicycle to school. Walk to School Day is October 8, 2008.

Including children with physical disability in Walk to School events is easy to do. It is also a great way to raise awareness in your school and community about the importance of including all children in physical activity. The National Center on Physical Activity and Disability (NCPAD) offer some helpful tips to make this event a success for everyone.

<http://drusilla.hsrb.unc.edu/cms/downloads/Walk%20to%20School%20Flyer%20Final.pdf>

### **Registration**

Registration is free and available to individuals or organizations holding a Walk to School event in the US. To register, visit [www.walktoschool.org/register](http://www.walktoschool.org/register). Registered schools/communities will be displayed on an interactive U.S. map on the U.S. Walk to School Web site, where neighboring communities, media and other organizations will be able to view participating schools.

### **Walk to School Resources and Tools**

By registering, Walk to School organizers have access to a variety of downloadable materials, including certificates, templates for printing stickers and a frequent walker punch card. Registrants can also subscribe to receive a weekly Walk to School e-newsletter with tips and resources on holding a Walk to School event.

### **New Resource from AAPAR (American Association for Physical Activity and Recreation)**

#### **Play On! Playground Learning Activities for Youth Fitness**

In partnership with PlayCore, Inc. and a team of play experts from Louisiana State University, AAPAR has created a new curriculum to promote fitness for children of all ability levels through the use of playground equipment. Play On! includes full-color photos and clear instructions for 100 learning activities for children in grades K-5. School teachers, community leaders, and kids will all enjoy exploring new ways to play: climbing, swinging, sliding, spinning, balancing, running, jumping, and more. The learning activities are consistent with National Association for Sport and Physical Education standards and include some variations for children with disabilities.

<http://iweb.aahperd.org/aapar/template.cfm?template=playon.html>

### **Positive Parenting Tips**

CDC's National Center on Birth Defects and Developmental Disabilities has created a "Positive Parenting Tips" for infants through adolescence. As children head back to school in August and September, NCBDDD will highlight its "Positive Parenting Tips" with four features and podcasts. These tips from NCBDDD offer ways parents can help their child learn and develop at every age. The features and podcasts will post on cdc.gov and CDC en Español each week.

**Infants and Toddlers:** <http://www.cdc.gov/Features/Parenting/InfantsToddlers.html>

**Preschoolers:** <http://www.cdc.gov/Features/Parenting/Preschoolers.html>

**Middle Childhood:** <http://www.cdc.gov/Features/Parenting/MiddleChildhood.html>

**Adolescence:** <http://www.cdc.gov/Features/Parenting/Adolescence.html>

## **America's Children in Brief: Key National Indicators of Well-Being, 2008**

*America's Children in Brief: Key National Indicators of Well-Being, 2008*, continues the tradition of cooperation and commitment by agencies across the Federal Government to advance understanding of children today and indicate what may be needed to bring them a better tomorrow. View the report at <http://www.childstats.gov/>

## **Policy Issues**

BlazeSports America is taking an active role in public policy affecting people with disabilities and particularly issues relating to sport, physical education and health. In this section, we will share information on local, state and national policy and advocacy issues that are timely and relevant to our work.

## **National Policy**

### **Higher Education Act Reauthorization and Students with Disabilities**

In August, President Bush signed into law the Higher Education Opportunity Act of 2008. The law is the first reauthorization of the nation's primary higher education laws in a decade. While the bi-partisan legislation will improve access and affordability of higher education for all Americans, a major step forward is taken in improving postsecondary opportunities and supports for students with disabilities.

The Higher Education Opportunity Act will address multiple barriers students with disabilities face in accessing and completing higher education. The legislation builds upon previous demonstration projects to provide assistance to faculty, staff, and administrators in educating students with disabilities. The creation of an advisory commission and new programs will help improve access to college course materials for students with print disabilities. Moreover, the establishment of a new technical assistance center within the Department of Education will take existing knowledge and what is learned from new demonstration projects to a national scale. Because of this legislation, institutions across the country will be better able to provide high quality disability support services to current and prospective students with disabilities.

### **Advocates Seek to Irradiate the "R-Word"**

Special Olympics is working to eliminate the pejorative use of the word retard (or comparable word in different cultures) from use in everyday language, and more importantly create a world of dignity, acceptance and inclusion for people with disability. Special Olympics is reaching out to educate and build awareness of the destructive power of the word through schools, parents, and young people.

The r-word, "retard", has become too commonplace in society. Retarded has even spawned new words: celebretard, a famous stupid person; debutard, a rich stupid person; e-tard, a stupid Internet user -- stupid being the common denominator and "tard" a suffix and a word in itself. ("Tard: Adjective used to describe one so retarded, they do not deserve the 're' " -- Urban Dictionary.)

The r-word has gone mainstream, beyond the core population of its origins and primary meaning. Young and old people alike use the word. In the majority of its usage the word conveys a negative message. Although many people may not understand the hurtful impact, the truth is, it hurts, even when people do not mean it that way. No matter the usage, the discriminatory impact on those people who are the target use of the word is significant.

ACT NOW — [Take the pledge](#) and help eliminate the r-word today.

## **Disability Advocates Call for a Boycott of "Tropic Thunder" Movie**

A coalition of national disability organizations which includes the Special Olympics, Arc of the United States, American Association of People with Disabilities and the National Council on Independent Living condemned all of the entities involved in creating, producing and marketing the movie "Tropic Thunder" for the use of the word "retard" and their portrayal of an intellectually disabled character in the movie.

The movie is a movie-industry spoof depicting a caricature of an intellectually disabled person - a character called "Simple Jack," played by actor Ben Stiller's character - which is a continuation of the horrifying portrayal of disabled characters in entertainment.

For more information on advocacy efforts visit: American Association of People with Disabilities

<http://www.aapd-dc.org/News/disability/080813aapd.htm>

The ARC <http://www.thearc.org/NetCommunity/Page.aspx?pid=1800&srcid=183>

Special Olympics R-Word Campaign <http://www.r-word.org/>

## **State Policy**

### **New York State Enacts Person First Language Law**

Disability sport and recreation professionals have recognized the use of person first language for some time and now, at least in one state, it is the law. Previously approved by the New York State Assembly and Senate, but vetoed by former Governor Pataki; the "person first" bill was reintroduced by Assemblyperson Harvey Weisenberg (D-Long Beach) and signed into law on August 1, 2007 by then Governor Spitzer. The bill requires the use of person first language when describing individuals in legal documents, publications, and state and local legislation.

The text of the bill reads:

"On or after the effective date of this section (immediately), all new and revised statutes, local laws, ordinances, charters or regulations promulgated or any publication published by the state or any political subdivision that refer to persons with disabilities shall seek to:

1. avoid language that
  - A. implies that a person as a whole is disabled (e.g., the mentally ill or the learning disabled),
  - B. equates persons with their condition (e.g., epileptics, autistics or quadriplegics),
  - C. has negative overtones (e.g., afflicted with cerebral palsy, suffering from multiple sclerosis, confined to a wheelchair or wheel chair bound) or is regarded as derogatory or demeaning (e.g., handicapped or mentally deficient)
2. replace non-respectful language by referring to persons with disabilities as persons first (e.g., individuals with disabilities, individuals with developmental disabilities, individuals with mental illness, individuals with autism or individuals with mental retardation)."

## **Conferences and Training Opportunities**

### **Free BlazeSports America Webinar Series**

#### **Topic: Wheelchair Basketball...Planning for Success**

**September 25, 2008, 4-5pm EST**

To register: <https://www2.gotomeeting.com/register/577804408>

For more information, contact Jeff Jones at [jjones@blazesports.org](mailto:jjones@blazesports.org) or 770-850-9085

**Broadcast: "Innovative Employer Caregiving Programs"  
September 17, 2008, 1:00 p.m.—2:00 p.m. (Eastern Time)**

This satellite broadcast is presented by the New Freedom Initiative (NFI) Subcommittee on Caregiving in partnership with the CMS Office of External Affairs. NFI is a government-wide effort directed at eliminating the barriers that prevent people with disabilities from participating fully in community life.

**[Register](#) to watch this broadcast online.**

**<http://www.disabilityinfo.gov/digov-public/public/DisplayPage.do?parentFolderId=138>.**

**Walking to School Satellite Broadcast**

**Free satellite broadcast or live webcast - September 18, 2008 (9-10 am est)**

For more information and to register for a FREE satellite downlink or live webcast on your personal computer, log on to: (the link to register is on the upper right hand side)

<http://www.albany.edu/sph/coned/phlwalk.htm>. Free Continuing Education credits are available for health educators, nurses, and physicians. To receive Continuing Education Credits individuals must fill out the Post-Test and Evaluation **online** after the broadcast/webcast, or after viewing the webstream (available 2 -3 weeks after original date).

**The 62<sup>nd</sup> Annual Meeting for the American Academy for Cerebral Palsy and Developmental Medicine**

Hyatt Regency Hotel, Atlanta, September 17-19, 2008

The educational program is designed to provide targeted opportunities for dissemination of information in the basic sciences, prevention, diagnosis, treatment and technical advances applied to persons with cerebral palsy and developmental disorders.

Onsite registration is available

<http://www.aacpdm.org/index?service=page/annualMeeting2008>

**2008 Graduate Student Leadership Conference**

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is sponsoring the 2008 Graduate Student Leadership Conference, Oct 16-18 at the AAHPERD headquarters in Reston, VA.

<http://www.mmsend3.com/lis.cfm?r=131606094&sid=4255183&m=511865&u=AAHPERD&s=http://www.aahperd.org/aahperd/template.cfm?template=GSLC.htm> to find out more...

**NASPE Summer Conference Series**

We invite you to join NASPE this summer for a series of professional development workshops in physical education that will be held at various locations throughout the United States.

Developed and conducted by NASPE professionals in the field, each PIPEline and Physical Best workshop provides standards-based, state-of-the art information you can use immediately in your class.

For workshop locations and schedule, click

<http://www.mmsend3.com/lis.cfm?r=131606094&sid=4289815&m=514376&u=AAHPERD&s=http://www.aahperd.org/naspe/summerconferenceseries/template.cfm?template=reg.htm>.

## **National Conference on Chronic Disease Prevention and Control**

### ***Cultivating Healthy Communities***

**February 23-25, 2009, Gaylord National Convention Center, Washington, DC**

This conference will celebrate two decades of extraordinary progress in the prevention and control of chronic diseases and offer attendees opportunities to learn about successful chronic disease prevention efforts, best practices, and effective interventions used by their colleagues. For the first time, attendees will be invited to participate in the development of a conference ***Call to Action***, a framework of both individual and collective actions to accelerate our progress in preventing disease and promoting health over the next 20 years. Visit [www.cdc.gov/nccdphp/conference](http://www.cdc.gov/nccdphp/conference) for updates and more information.

## ***The Future is Now - First World Congress on Spina Bifida Research and Care***

**March 15-18, 2009, Orlando, Florida**

Hundreds of physicians, nurses and other healthcare practitioners will travel from around the country and around the world for this groundbreaking forum.

SBA is currently accepting abstracts from national and international professionals in the multidisciplinary fields that deliver care and conduct research relevant to the Spina Bifida community. To submit an abstract or to register visit the meeting website at:

<http://medicalconference.spinabifidaassociation.org>.

## **Mark Your Calendars!**

### ***Connect · Innovate · Inspire***

## **BlazeSports America's 10<sup>th</sup> Annual Disability Sport Conference**

**September 10-12, 2009 on the campus of Kennesaw State University, Georgia**

The 2009 Conference is expected to be the best ever, with more than 30 interactive sessions on topics ranging from coaching to recruitment and program development. These sessions will be lead by the nation's top sports professionals; elite coaches and Paralympic athletes will share their cutting edge training techniques with attendees. Wheelchairs and other sporting equipment will be on hand to ensure a hands-on learning experience. Additionally, Conference attendees will have access to one-on-one consulting on fundraising, risk management, public relations, grant writing, and more. This is an excellent chance to meet the best minds in disability sport from across the country! **Continuing education credits** will be offered.

**Call for Abstracts will open Monday September 15, 2008**

Visit [www.blazesports.org](http://www.blazesports.org) for updates and more information.

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