Rehabilitation Research and Training in Neuromuscular Diseases, University of California/Davis (H133B990008) led by Craig McDonald, MD. Theresa San Agustin, MD, Project Officer. Abstract: This project conducts research designed to enhance the quality of life of people with neuromuscular diseases. Program areas include: interventions to preserve functional capacity including management of weakness and respiratory insufficiency due to muscular disease; exercise, physical therapy, and treatment of exercise related fatigue, pain interventions, and dietary interventions. Find out more at: www.rehabinfo.net

Rehabilitation Research and Training Center on Aging with a Disability, Les Amis Research and Education Institute, Inc. (LAREI) (H133B980024) led by Bryan J. Kemp, PhD. Kristi E. Wilson, PhD, Project Officer. Abstract: This project assists people who are aging with a disability by conducting a series of research studies using a database of more than 1,000 people who represent a variety of disabilities. Research projects include the natural course of aging with a disability, preventing secondary complications such as diabetes and thyroid disorders, and improving bone density through a regimen of exercise and vitamins. Find out more at: www.agingwithdisability.org

Rehabilitation Engineering Research Center on Recreational Technologies and Exercise Physiology Benefitting Persons with Disabilities (REC) Rec.Tec, University of Illinois at Chicago (H133B302715) led by James H. Runser, PhD. William Peterson, Project Officer. Abstract: This program researches access to recreational opportunities and physical endurance of people with disabilities, targeting four primary areas: (1) interventions to increase access to fitness and recreation environments; (2) interventions to increase physical activity and recreation participation; (3) adherence strategies to reduce physical activity relapse and dropout rates; and (4) randomized clinical trials to evaluate improvements in health and function.

Rehabilitation Research and Training Center: Health and Wellness Promotion for Women Aging with Disability, Baylor College of Medicine (H133G990019) led by Gloria Kran, PhD. Theresa San Agustin, MD, Project Officer. Abstract: The Center has a comprehensive program of research, training, technical assistance, and dissemination with primary attention given to the physical and mental aspects of health for people with long-lasting disabilities. Interconnected research areas include evaluating health assessment definitions, practices, policies, and measurement; their impact on health promotion, and investigating the relationship between health promotion, health maintenance, and the incidence and severity of secondary conditions and other functional outcomes. Find out more at: www.healthwellness.org

Health Promotion for Women Aging with Disability, Baylor College of Medicine (H133G000226) led by Rosemary B. Hughes, PhD. Theresa San Agustin, MD, Project Officer. Abstract: This project studies whether an intervention to improve self-efficacy and connectedness improves health-promoting behaviors, which is related to improved physical and psychological health. The research is based on a two-year longitudinal sample among aging women with multiple chronic disabilities who participate in a health promotion workshop intervention report higher levels of connectedness and self-efficacy in disability management after the intervention and at a three-month follow-up, and gender, age, and intimate relationships and self-efficacy in disability management significantly predict health promoting behaviors, which predict physical and psychological health outcomes among women aging with physical disabilities, when severity of disability and socioeconomic status are controlled. Find out more at: www bcm.tmc.edu/crowd

Research in the New Millennium

Improving Muscular Use and Cardio-Respiratory Demand in Spinal-Cord-Injured Patients Performing Functional Electrical Stimulation Leg Ergometry, University of California/Davis (H133G20137) led by Maury Hull, PhD. Kristi E. Wilson, PhD, Project Officer. Abstract: This project develops new stimulation patterns for a functional electrically stimulated (FES) leg cycle ergometer (LCE) that enable spinal-cord-injured persons to exercise with greater benefit.

Rehabilitation Research and Treatment Center: New Directions fitness facility and Living Well with disability. Readings in independent living: New directions for 2002 (see inside).

Secondary Prevention Trial of Exercise and Diet for Improvement of Physical Activity in Older Adults with Paraplegias, University of Illinois/Chicago (H133G990043) led by Carol Brauswineg. PhD. Theresa San Agustin, MD, Project Officer. Abstract: This project investigates the impact of an exercise intervention coupled with nutrition education on the strength and fitness of a sample of overweight paraplegics with chronic illnesses. This intervention improves cardiovascular fitness and strength leading to improved independence and improved overall health.

Find out more at: www.uic.edu/~rg/si-si-adapt

Project PATH (Promoting Access, Transition, and Health), University of New Hampshire (H133G001150) led by Janet Sable, PhD. Theresa San Agustin, MD, Project Officer. Abstract: This project performs a randomized, controlled trial of Project PATH (Promoting Access, Transition, and Health), a community-based health promotion wellness program for people with new spinal cord injuries (SCIs). This health-promoting program involves a variety of interventions including wellness education, an individualized fitness program, recreation skill development for family and friends, community accessibility and advocacy, and peer advising.

Find out more at: www.uhn.edu/mpmp/path.htm

Rehabilitation Research for December looks at research on diet, exercise, and health promotion for people with disabilities. This special edition features a separate issue on general reference selections for 2002 (see inside).


