

IFC Inclusive Fitness Coalition

actively moving forward

To facilitate an expanded coordination of organizations and individuals to address the complexity of personal, social, cultural, political, and economic factors that influence -positively and negatively - the participation of people with disabilities in physical activity, fitness, sports and recreation.



IFC Strategy Meeting
Wednesday, October 15, 2008
8am-11:30 am CT

McCormick Place (Rm W195)
2301 S. Lake Shore Drive
Chicago, Illinois 60616

Dial-In Number: (888) 296-1938

Pass code: 6811565#

8:00 – 8:30 am	Welcome and Introductions <ul style="list-style-type: none"> • Welcome & Introductions • Overview and Goals for the Meeting 	<i>Jim Rimmer, NCPAD</i>
8:30 – 9:00 am	Background and Significance <ul style="list-style-type: none"> • Why an IFC? • Health Disparities among People with Disabilities • ACSM/NCPAD Partnership • IFC Launch January 2007 	<i>Jim Rimmer, NCPAD</i>
9:00 – 9:30 am	Priorities for IFC <ul style="list-style-type: none"> • Bring the <i>Call to Action</i>...To Action • Engage the Power of Business...Create Industry Partnerships • An Excellent Prescription.....Work with the Medical, Fitness and Disability Community • Make Multi-faceted Progress...from Science to Technology and Policy • Recognize and Assist Champions...Empower Collective Success 	<i>Jim Whitehead, ACSM</i>
9:30 – 10:15 am	IFC Workgroup Updates and Progress <i>Need: Volunteers to Chair and/or serve on IFC Workgroups</i> <ul style="list-style-type: none"> • Inclusive Play (Amy Jaffee Barzach, Chair) • Health Clubs (Carry Wing, Chair) • Veterans and Rehabilitation (Rhonda Jarvis Ray, Chair Elect) • Policy (Chair Needed) 	<i>Amy Rauworth, NCPAD</i>
10:15 – 10:30 am	BREAK	
10:30 – 11:30 am	Review of IFC Actions and Next Steps	<i>Jim Whitehead, ACSM</i>
Adjournment		



Mission of the Inclusive Fitness Coalition (IFC)

The Inclusive Fitness Coalition (IFC) will work to improve U.S. and global health by promoting increased participation by people with disabilities in physical activity, sports, and recreation. IFC will be a catalyst to connect the world of people with disabilities with the world of fitness, sports and recreation. Our ultimate goal is to reduce substantially, in this country and internationally, health problems associated with disabilities and inactive lifestyles.

To achieve this, IFC will work with government, business, NGOs, philanthropy, and the public to address a critical set of issues affecting 50 million people in the United States alone.

IFC Priorities

1. Bring the Call to Action.....To Action.

Seek a larger commitment in the United States – from all sectors of society – to **make real the vision of the “Surgeon General’s Call to Action to Improve the Health and Wellness of People with Disabilities.”** IFC will work closely with the U.S. Surgeon General and the Office on Disability in the Department of Health and Human Services to bring this about.

2. Engage the Power of Business.....Create Industry Partnerships.

Create partnerships with the industries that serve the health and fitness and sports marketplaces in order to gain expanded accessibility for and receptivity to people with disabilities; increased availability of equipment that can be used safely and effectively by people with disabilities; and expanded programs and properly trained staff who can work well with people with disabilities.

3. An Excellent Prescription.....Work with the Medical Community.

Gain commitments from health care providers and their organizations to increase counseling on physical activity and health issues to patients with disabilities.

4. Make Multi-faceted Progress...From Science to Technology and Policy.

Advocate for substantial progress in scientific and medical research, exercise and recreational technologies, and policy and environmental changes that will promote physical activity and health for people with disabilities.

5. Recognize and Assist Champions.....Empower Collective Success.

Recognize, mobilize, and help coordinate individual and organizational champions that are strongly supportive of the cause of promoting physical activity and health for people with disabilities.

Workgroup Framework

Objective

- Establish workgroups targeting specific populations or initiatives
 - o Fitness centers
 - o Playgrounds
 - o Veterans

Workgroup Chairs

- Recruit members
 - o Listserv
 - o Nominations
 - o Colleagues/Peers
 - o One Executive Committee member
 - o One NCPAD/ACSM staff member
- Establish plan of action/target areas with members (see below)
- Serve as liaison with IFC staff and Executive Committee
- Groups will communicate by e-mail & calls as needed (at least one monthly call)
- IFC Staff, Executive Committee and Groups confer in a monthly call (and as needed, by calls & e-mail)

Potential Target Areas for Action

1. Policy
2. Advocacy
3. Training
4. Education
 - *Toolkit*
5. Awareness
 - *Best Practices*
6. Other

Website

- At least monthly, provide new content (articles) in workgroup category but focused on inclusion and mentioning IFC. This may be written by the workgroup chair, a workgroup member, and/or recruited from appropriate outside sources. See examples of potential areas for content below:
 - o Research/Background
 - o Policy
 - o Resources
 - o Advocacy
 - o Issues
 - o Spotlight/Best Practices
 - o "How To" Take Action in Your Community
 - o Other

Executive Committee

- James Rimmer, Co-Chair
 - Director of two federally funded centers:
 - National Center on Physical Activity and Disability (NCPAD), www.ncpad.org
 - Rehabilitation Engineering Research Center on Recreational Technologies and Exercise Physiology for People with Disabilities (RERC Rectech), www.rectech.org
 - Professor, Department of Disability & Human Development, University of Illinois at Chicago
- James Whitehead, Co-Chair
 - Executive Vice President, American College of Sports Medicine, www.acsm.org
- Sue Catton
 - Executive Director, Inclusive Fitness Initiative, United Kingdom, www.inclusivefitness.org
- Ann Cody
 - Director of Partnerships and Public Policy, BlazeSports America, www.blazesports.org
- Lauren Howard
 - Disability Policy Consultant
- June Kailes
 - Disability Policy Consultant
- Mary Novotny
 - Former Executive Director of the Amputee Coalition of America, www.amputee-coalition.org