# Part 5 - Using a ContentProvider

CursorAdapters can also be used to display data from a ContentProvider. ContentProviders allow you to access data exposed by other applications (including Android system data like contacts, media and calendar information).

The preferred way to access a ContentProvider is with a CursorLoader using the LoaderManager. LoaderManager was introduced in Android 3.0 (API Level 11, Honeycomb) to move blocking tasks off the main thread, and using a CursorLoader allows the data to be loaded in a thread before being bound to a ListView for display.

Refer to the [Intro to ContentProviders](#) document for more information.

<< Part 4 - Using CursorAdapters     Part 6 - ListView and the Activity Lifecycle >>