

Advancing Arthritis Public Health Priorities through National Organizations TA/Peer Sharing Webinar Series

Tuesday, April 5, 2022 @ 2:00 p.m. ET

Engaging New Non-Traditional Delivery System Partners in Dissemination and Delivery of AAEBIs

Webinar Notes and Resources

- Materials available on the Action on Arthritis website:
<https://actiononarthritis.chronicdisease.org/monthly-webinars/>
- Meeting Recording:
https://chronicdisease.zoom.us/rec/share/DrOeXCGnYdsS0GuFsgo-kuYiDk-nHPFvO9RwBi16PVzqQOyLw4HW72JQ95_B4X5X.qmzjiOIUFSR0Cp68?startTi me=1649181617000

Presenters and Resources:

- **Nancy Mears: University of Delaware Cooperative Extension**
 - Nancy is an Extension Agent with the University of Delaware Cooperative Extension. Nancy's work focuses on volunteer leadership and development and nutrition and wellness, specifically in the areas of community health and worksite wellness.
 - <https://www.udel.edu/academics/colleges/canr/cooperative-extension/nutrition-wellness/nutrition/fitbiz/>
- **Thomas Cummiskey: Plymouth Public Library in Massachusetts**
 - Tom works for the Plymouth Public Library as an Outreach Librarian. Tom's background is in medical and hospital libraries.
 - <https://www.plymouthpubliclibrary.org/blog/2020/08/22/walk-with-ease/?fbclid=IwAR0K5hPu140q8c1PJ27Xk2voN1k0cwj9rB7POqIMAAo7S--VftqdE1TZFjA>
 - tcummiskey@ocln.org
- **Lindsay Miller: New York Association on Independent Living**
 - Lindsay Miller is Executive Director of the New York Association on Independent Living (NYAIL), the statewide membership organization for Independent Living Centers (ILCs). Lindsay joined NYAIL as Advocacy Coordinator in May 2008 and has served as Executive Director since 2013. As Executive Director, Lindsay has helped grow the organization and the IL network's presence through the implementation and management of several statewide programs focused on helping people with disabilities and older adults transition out of nursing facilities and back into the community.
 - ILCs are community based, not-for-profit organizations run by and for people with disabilities. ILCs provide a range of services, advocacy and

- supports, all of which are focused on helping people with disabilities of all ages, of all disabilities, live independently in the community.
- <https://ncil.org/>

Participants:

- 37 total participants (excluding presenters)
 - 13 states (AR, IA, KS, MA, MT, NC, NH, NY, RI, DE, UT, VA, WA)
 - 7 national partners (including CDC and NACDD)

Resources:

Cooperative Extensions

- Cooperative Extensions <https://nifa.usda.gov/about-nifa/how-we-work/extension/cooperative-extension-system>
- Information about SNAP Ed <https://www.fns.usda.gov/snap/snap-ed>
- SNAP Ed Toolkit that links approved interventions including Walk With Ease <https://snapedtoolkit.org/interventions/find/>
- State SNAP Ed programs including state agency information and implementing agency information <https://snaped.fns.usda.gov/state-snap-ed-programs>
- Delaware Fit Biz <https://www.udel.edu/academics/colleges/canr/cooperative-extension/nutrition-wellness/nutrition/fitbiz/>

Public Libraries

- Massachusetts Libraries Board of Library Commissioners website <https://mblc.state.ma.us/>
- Massachusetts Library blog article that spoke about Walk With Ease <https://masslibsystem.org/blog/2020/12/16/walk-with-ease-program-opportunity-with-positive-rewards/>
- Massachusetts Board of Library Commissioners Service Update on Walk With Ease https://mblc.state.ma.us/mblc_blog/2020/12/10/walk-with-ease-program-opportunity-with-positive-rewards/
- Examples of marketing flyers that were used to promote Walk With Ease to patrons <https://actiononarthritiscronicdisease.org/plymouth-public-library-walk-with-ease-facebook-flyer/>
- Examples of social media posts that were made about Walk With Ease <https://www.plymouthpubliclibrary.org/blog/2020/08/22/walk-with-ease/?fbclid=IwAR0K5hPu140q8c1PJ27Xk2voN1k0cwj9rB7POqIMAAo7S--VftqdE1TZFjA>
- Massachusetts Community Health Network Areas or CHNA's offers mini grants which providers can apply for: <https://www.mass.gov/service-details/community-health-network-areas-chna-configuration>
- Plymouth Public Library Walk With Ease Reading List <https://actiononarthritiscronicdisease.org/plymouth-public-library-walk-with-ease-reading-list/>

- An NPR article that speaks to the role of libraries in improving community health and well-being <https://www.npr.org/sections/health-shots/2022/01/03/1063985757/why-your-local-library-might-be-hiring-a-social-worker>
- Springfield College Walk With Ease project <https://springfield.edu/walk-with-ease>

Independent Living Centers/Councils

- Statewide directory of Independent Living Councils <https://www.ilru.org/projects/silc-net/silc-directory>
- Directory of centers for independent living and associations <https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>
- ACL Administration for Community Living Independent Living Services Program <https://acl.gov/ils-programs>
- NCHPAD is the premier national resource for information on physical activity, health promotion, and disability, serving persons with physical, sensory, and cognitive disability across the lifespan <https://www.nchpad.org/>
- Call to Action Toolkit developed by the NACDD 1705 team to scale the National DPP in underserved areas. The NY Association on Independent Living is a partner in this work. <https://chronicdisease.org/page/diabetes/scaling-the-national-dpp-in-underserved-areas/>
- The Alliance of NYS YMCAs WWE webpage <http://www.ymcanys.org/walk-with-ease-program/>
- One-pager developed by the NYS Disability and Health Program promoting physical activity among people with disability <https://www.health.ny.gov/publications/0970.pdf>

Discussion:

CDC Arthritis programs are tasked with expanding the availability and accessibility of arthritis-appropriate evidence-based interventions, increasing healthcare provider counseling about physical activity and referral to physical activity and self-management programs, promoting walking, and raising awareness about the burden of arthritis and ways to manage symptoms.

Delivery System Organizations: What can CDC grantees do to support the work that you are doing?

Grantees: And similarly, based on what you've heard today what can you do to support delivery system organizations and their efforts?

- **Education and Awareness:** Ensure that delivery system organizations are aware of evidence-based programs, services, and interventions that are available across the state.
- **Resources:** Consider what resources you could provide to delivery system organizations. (e.g., scales, space to deliver on-site classes)

- **Leader Training:** Reach out to delivery system partners (e.g., Cooperative Extensions, ILCs) and include staff in training opportunities to deliver AAEBIs
- **Materials:** Consider opportunities to provide delivery system organizations and partners with materials. (e.g., guidebooks)
- **Social Media and Marketing:** Share materials, social media messages, and other marketing tools with delivery system organizations to ensure that AAEBI implementation is a streamlined and easy lift for CBOs.

Evaluation

- **Poll Question:** I gained skills related to my organization's ability to partner with delivery system organizations to increase the reach of AAEBIs.
 - 95% Strongly Agree or Agree
- **Poll Question:** Please provide additional information on the specific skills that you gained because of attending today's webinar. (Select all that apply)
 - 69% - Knowledge about new non-traditional delivery system partners to collaborate with
 - 63% - New partners to engage with to address arthritis
 - 38% - New ideas/ways of thinking about my programs current approach to increase arthritis public health strategies
 - 38% - Strategies to sustain arthritis efforts
 - 0% - Other