

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

February 7, 2022 @ 2:00 p.m. ET

National, State, and Local Efforts to Sustain Strategy 3 and 4 Initiatives

Webinar Notes and Resources

- Materials available on the Action on Arthritis website: <https://actiononarthritis.chronicdisease.org/monthly-webinars/>
- Meeting Recording: <https://vimeo.com/796771508>

Speakers and Panelists

- Dr. Erica Odom, CDC
- Michele Mercier, CDC
- Shanetta Agnew, Arkansas Department of Public Health
- Amber Havens, Arkansas America Walks Fellow
- John Landowsky and Rachel Cotner, Arkansas America Walks Mentors
- Nadia Mazza, North Carolina Center for Health and Wellness at UNC Asheville

Participants

- 42 total participants (including speakers)
 - 15 states (AR, IA, KS, MA, MN, MT, NC, NH, NY, OR, UT, VA, WA, WI, WV)
 - 7 national organizations (ACL, CDC, EnhanceFitness/EnhanceWellness, NACDD, NRPA, OAAA, Y-USA)

[DP 18-1803](#) state arthritis programs use CDC funding to:

- Strategy 1: Expand the availability and accessibility of arthritis appropriate, evidence-based interventions (AAEBIs), also known as [lifestyle management programs](#), focusing on self-management education or physical activity.
- Strategy 2: Increase health care providers' patient counseling about the benefits of physical activity for reducing arthritis pain and limitations; and increase provider referrals of patients with arthritis to evidence-based lifestyle management programs.
- Strategy 3: Promote walking as a way to manage arthritis symptoms.
- Strategy 4: Raise awareness of the burden of arthritis and ways to manage it.

Strategy 3 Resources:

- America Walks website https://americawalks.org/?gclid=Cj0KCQiAq5meBhCyARIsAJrtdr40IVc1vj33GBGH6FH2EOtb8rIkfQ09MZxVUV-00yuFDyryCiHz2UaAgsDEALw_wcB and the Walking college site <https://americawalks.org/programs/walking-college/>

- Email info@americawalks.org to find out if there are any current or past National or State Walking College graduates in your state.
- Link to local walking organizations populated by America Walks <https://americawalks.org/local-walking-organizations/#AR>
- America Walks and the Walking College are currently accepting applications for the 2023 National Walking College and several state walking colleges. The Walking College is an online educational program and is geared toward early-to-middle-stage advocates eager to organize in communities to expand access to walkable, vibrant, safe, and accessible places. Fellows focus on a problem in their community they wish to address, develop the knowledge and skills they need to help bring about positive change, with feedback from mentors and peers create a plan for getting the work done, and in the process become some of America Walks' most valuable grassroots partners. Participants are asked to commit to 5 to 10 hours a week to complete six online learning modules consisting of readings, videos, written assignments, discussion groups, one-on-one coaching sessions, and workshops. By the end of the program, they submit an action plan outlining goals and strategies and a timeline for taking meaningful action toward a problem of their choosing. Applications are currently being accepted for the 2023 National Walking College and several State Walking Colleges (only available for residents of those states). Please click on the relevant link for more information about that program and the online application form:

- National Walking College:
https://docs.google.com/forms/d/1bII5w8ukJe6w5-vnR3XZh4XjQ3RnEcIpZQVepIXA2hE/viewform?edit_requested=true#responses
- Alaska and New Mexico Walking College:
<https://docs.google.com/forms/d/e/1FAIpQLScE07vqRAnOGbzI5nIfsLOC-4C15dUqaWCIWK-v5pp87d5P6g/viewform>
- Indiana State Walking College:
<https://docs.google.com/forms/d/e/1FAIpQLSc5aHZd4VE8T9aAKQItixP00F00rfgEiFpD13sPqEG-BCvkkQ/viewform>
- Kansas State Walking College:
<https://docs.google.com/forms/d/e/1FAIpQLSevDp02tHF10-d5gg-9j3jG0CO-r4tEtQq3WnXbpFFo925VtA/viewform>
- Louisiana State Walking College:
https://docs.google.com/forms/d/e/1FAIpQLScjTJYN7UtKXdLIYdNCLi7FZjJOk2nZOx4vJJs8j0R_yk-sMA/viewform
- Pennsylvania State Walking College:
https://docs.google.com/forms/d/e/1FAIpQLSc0KYaIjKI3Ziz6Wk_aNwHHoDjN0rM6jLz7JcAodqHIHtV5kg/viewform
- Vermont State Walking College:
https://docs.google.com/forms/d/e/1FAIpQLSducOGyFAHMRW0VMJoWQd9Yux_Xbc17oTE5gQKVvFjWvV61rQ/viewform

- Arkansas Walking College Overview Document <https://actiononarthritis.chronicdisease.org/arkansas-department-of-health-2021-2022-arkansas-state-walking-college/>
- Action on Arthritis resource repository and the Strategy 3 category <https://actiononarthritis.chronicdisease.org/category/strategy-3/>
- August TA webinar focused on Promoting Walking for Arthritis Management through Active Transportation partnerships webinar <https://actiononarthritis.chronicdisease.org/promoting-walking-for-arthritis-management-through-active-transportation-partnerships/>
- Walkability Action Institute <https://chronicdisease.org/page/wai/>
- CDC SPAN website <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/span-1807/index.html>

Strategy 4 Resources:

- Action on Arthritis resource repository and the Strategy 4 category <https://actiononarthritis.chronicdisease.org/category/strategy-4/>
- A Community Health Approach to Arthritis in Utah: Engaging Patients in Self-Management Education and Physical Activity. https://arthritis.health.utah.gov/wp-content/uploads/2022/09/Burden_Report_2019.pdf
- North Carolina BRFSS Data Site: <https://schs.dph.ncdhhs.gov/data/brfss/#>
- North Carolina Continuum of Care Document: https://drive.google.com/file/d/1OG6C4ZYcPEWzZ62PXnVJ-jBqKxFxb22B/view?usp=share_link
- Kansas Living Well Webinar Series: <https://www.ksre.k-state.edu/fcs/livingwellwed/>
- Kansas Walk With Ease Video
 - <https://vimeo.com/752705534>
 - <https://vimeo.com/753102037>
- Kansas Self-Management Program Locator Site: <https://www.kdhe.ks.gov/1921/Find-a-Self-Management-Program>

Evaluation:

- **Poll Question:** I gained skills related to my organization's ability to partner with social health access referral platforms to enhance arthritis public health efforts
 - 100% Strongly Agree or Agree
- **Poll Question:** Please provide additional information on the specific skills that you gained because of attending today's webinar. (Select multiple options)
 - 83% - New ideas/ways of thinking about my programs current approach to increase arthritis public health strategies

- 50% - New partners to engage with to address arthritis
- 50% - Knowledge about tools that can be used to advance our work
- 22% - Strategies to sustain arthritis efforts
- 0% - Other