

Arthritis Council

Arthritis Council WWE Work Group Call Summary

Monday, February 13, 2023 1:00 p.m. ET / 12 p.m. CT / 11 a.m. MT / 10 a.m. PT

Workgroup Charge:

The NACDD Arthritis Council's Walk with Ease Workgroup aims to provide a platform for national, state, and local partners to engage in discussion about all aspects of the Walk with Ease program including but not limited to partnerships, planning, promotion, implementation, coupling, referrals, and evaluation.

Nadia Mazza, MPH, North Carolina Center for Health Wellness at UNC Asheville, opened the call and welcomed everyone

I. Open forum discussion

- Partnerships (national partners, state comorbidity programs, clinical partners, coupling with other EBPs, etc.)
 - Nick brought up cardiovascular health/hypertension and the work that VA is doing
 - <https://www.vdh.virginia.gov/heart-disease/walk-with-ease-heart-health/>
 - <https://www.vdh.virginia.gov/virginia-department-of-health-kicks-off-american-heart-month-with-activities-to-promote-heart-health/>
 - NY also has some work that has happened in this area through the Y-Alliance; they are connecting with others that are writing applications and working to find commonalities (e.g., NYSOOA, etc.); also reconnecting with Arthritis Foundation on working more closely together
 - NC partners with WISEWOMEN and has the CVD link through this partnership so they are looking at WWE as an opportunity to partner efforts; they created a WISEWOMAN specific link on the OAAA WWE portal; BRFSS data in NC shows that folks with CVD have a high prevalence of arthritis so this emphasizes the opportunity to partner
 - WA brought up the work with state Medicaid and CCLs and the opportunity to work together
 - OR is working on the diabetes grant and BOLD grant and is making a couple of links with WWE; they are also focusing on the falls prevention opportunities to couple and braid efforts; healthy aging link is important but hard b/c of the split between the agencies that focus work in this area; trying to make the link with chronic diseases and physical activity and areas of overlap
 - NC shared the work they are doing with Parks and Rec and Cooperative Extensions - providing funds for startup costs and then connecting with AAAs to sustain with Title IIID funding

- Shared information from the NACDD webinar - about leveraging Title IIID funds - <https://actiononarthritis.chronicdisease.org/leveraging-title-iii-d-funds-for-arthritis-appropriate-evidence-based-intervention-delivery-and-dissemination/>
 - Talked about the cost of WWE being about \$1,000 per class or potentially about \$66 per person; brought up the idea of coupling programs and the benefit and potentially the cost sharing
- Implementation sites (worksites, senior centers, YMCAs, Parks and Recreation, etc.)
 - NY is working with local health departments on WWE delivery; partnering local HDs with YMCAs as resources and partners in delivery to help expand program offerings
 - Discussion on WWE in a clinical setting and success when physician offers programming to patients
 - NACDD project with Baylor Scott and White Health and Wellness Center in Dallas, TX integrated a WWE referral mechanism into the EHR; limited data but it did streamline process and provide real time feedback for clinical team
 - WA shared that WWE is offered through the employee benefits site (SmartHealth) and they are also working with schools to offer WWE through their employee benefits board; employees just have to log in to access their portal and sign up for WWE
 - There is a public employees and a educators component to SmartHealth
 - Working through schools (Healthy Schools WA grant – CDC) and have WWE books in libraries; did initial push during enrollment to get people aware of the books and course; this could be a great referral pathway to WWE statewide
- Referral pathways (EHR integration, raising awareness/marketing, referrers such as CHWs, etc.)
 - NC shared that WISEWOMAN referral pathway is working well and partnership with DPP is working well
 - Information from the [February Strategy 2 workgroup](#) was shared including the presentation from the Arthritis Foundation
- Other
 - Nick shared that the WWE books are still out of stock and that the new vendor is having issues delivering books; new timeline is March; Nick is willing to look into a password protected PDF or print a chapter at a time; he is open to other suggested solutions to help make the program as inexpensive as possible and as effective as possible

II. Announcements

- National Partner Sharing
 - Nick shared that NCHPAD has compiled a document that makes some suggestions on making WWE more inclusive of people of all abilities; these suggestions are still in draft form but are items that can be incorporated into the WWE leader training; more to come on this
- Next call - Monday, March 20 (Local Focus)
1:00 p.m. ET / 12 p.m. CT / 11 a.m. MT / 10 a.m. PT