

Arthritis Council

Arthritis Council WWE Work Group Call Summary

Monday, March 20, 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.

Participants from the following states/orgs: Iowa, New York, North Carolina, Oregon, Rhode Island, Utah, Arthritis Foundation, OA Action Alliance, NACDD

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

I. Open forum discussion

- Participant recruitment and retention
 - Discussion on getting participants to the program for the first time; barriers include recruitment from rural areas
 - Some are seeing good participation in the first session and then lower attendance in following sessions
 - Shared that there has been some success in NC with promotion and marketing of classes through connection with local community members and focusing efforts within a specific area/community
 - IA shared that they reached out to the Rural Health Association in IA and are excited about their partnership and what they can bring with reach; they seem to be focused on healthcare providers and education; this will help get the message out about classes and also with awareness of the classes
 - UT shared that they have a new instructor and are planning the first class in April and interested in suggestions from group
 - Resource that is shared with new leaders in NC https://drive.google.com/file/d/1knuN9xnmcoEJ3FW2QUznS4q-U0WlmzG6/view?usp=share_link
 - Many are finding that in person classes provide an opportunity for social connection
 - Successes in leader recruitment and retention
 - OR does some internal recruitment through OSU and local community partners; they have some grant funding to support leader training so have some stipulations in place
 - 1 class must be held within a year of being trained; instructors must provide a summary on how they will implement the program; must have supervisor buy-in

- OSU will cover cost of training including CPR and provide technical support as well as information on connecting to their data portal
 - OSU has partnership agreements in place that talk about data submission in exchange for books and water bottles
 - For retention OSU encourages leaders to share water bottles at the end of class as a way to retain participation
 - Arthritis Foundation shared customizable flyers for marketing and the opportunity to promote events on <https://arthritis.org/events> page
 - [Customizable Flyer 1](#)
 - [Customizable Flyer 2](#)
 - [Customizable Flyer 3](#)
 - The Arthritis Foundation can supply a logo file that can be used to put on giveaways (e.g., water bottles, t-shirts, etc.)
 - UT has AAA partners that do the recruitment for WWE classes
 - NACDD shared a link to a webinar focused on partnering with AAAs and Units on Aging to deliver WWE. <https://actiononarthritis.chronicdisease.org/working-with-state-units-on-aging-to-advance-arthritis-public-health-strategies-october-5-2021/>
 - NACDD has a number of WWE resources, including information on recruitment and retention located here https://actiononarthritis.chronicdisease.org/tag/walk-with-ease/?post_types=Post
 - Additionally, one of the NACDD mini-grant projects in WV (ACTIVE Southern WV) has Community Captains throughout the state; they train these CCs in WWE which is the program used for physical activity interventions
 - WV has a program locator for EBIs that helps with recruitment which is powered by the Workshop Wizard platform <https://www.wvhealthconnection.com/>
 - Title IIID funding can help support WWE programs and leaders; link to an NACDD webinar on Title IIID <https://actiononarthritis.chronicdisease.org/leveraging-title-iii-d-funds-for-arthritis-appropriate-evidence-based-intervention-delivery-and-dissemination/>
 - Some partners are using QR codes to assist with recruitment
 - Suggestion to create a Facebook event page to help with recruitment; easy to create and share and when someone signs up their FB friends are notified
- The Arthritis Foundation suggested that the WWE classes consider a transition into Live Yes! Connect Groups once they end, <https://connectgroups.arthritis.org/> to support participants

- and leaders; reach out to Nick for additional information on Connect Groups
 - To support leaders/participants, Tai Chi for Arthritis in NC provides two certificates to participants – one to keep and one to give to the healthcare provider; this is something they are thinking about implementing for WWE
 - Comment that automatic transmission of certificates to healthcare provider via the EHR or some other mechanism would be beneficial
- Program planning and implementation (including Self-Directed and Self-Directed Enhanced models)
 - NY is working to connect/partner YMCAs that are interested in WWE to local health departments, AAAs, and other local government agencies or CBOs in their area
 - NC is providing startup funds to Parks and Rec facilities and then connecting them with other local partners in the area to continue/sustain efforts
- Other
 - IA has discovered that there is interest in a screening program that might help with referrals to WWE; they are working to get community and healthcare to work together and speak the same language; more to come
 - The following link was shared as a reminder of the work going on with HL7 to standardize physical activity (measuring, reporting, etc.) <https://build.fhir.org/ig/HL7/physical-activity/>
 - Suggestion to consider tying your WWE program to an upcoming Walk to Cure Arthritis; this could be a great training target or celebration <https://www.arthritis.org/events/wtca>
 - Some good news! [WWE on the local news in TN](#)

II. Announcements

- National Partner Sharing
 - April 1 is the opening date for new applications for AAEBIs; more info on the OAAA website <https://oaaction.unc.edu/aaebi/>
 - OAAA WWE Registration Portal cost is \$2,600 plus \$500 for Spanish portal (one time fee for now); Spanish videos will be in the portal by the end of the week
 - Local YMCAs and Parks and Rec facilities are picking up programs like WWE so they make great program partners
 - Work to create a Cooperative Extension Collective Impact Report on WWE is ongoing; next call will occur late April/May
 - WWE books are back in stock! Visit www.afstore.org and use promo code WWESTL for the discounted price
- Next call - Monday, April 17 (State Focus)
1:00 p.m. ET / 12 p.m. CT / 11 a.m. MT / 10 a.m. PT
- Reminder that meeting summaries are posted online - <https://actiononarthritis.chronicdisease.org/category/strategy-3/>