

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

May 2, 2022 @ 2:00 p.m. ET

### **Coupling Walk With Ease with the National Diabetes Prevention Program**

#### **Webinar Notes and Resources**

- Materials available on the Action on Arthritis website:  
<https://actiononarthritis.chronicdisease.org/monthly-webinars/>
- Meeting Recording: <https://vimeo.com/823212083>

#### **Speakers**

- Lisa Erck, MS
  - National Association of Chronic Disease Directors
  - [Center for Advancing Healthy Communities](#)
  - [Arthritis Portfolio](#)

#### **Participants**

- 32 total participants
  - 16 states (AR, IA, IL, KS, MA, MN, MO, MT, NH, NY, OR, RI, UT, WA, WI, WV)
  - 4 national organizations (CDC, Sound Generations, NACDD, OAAA)

#### **Why couple the National Diabetes Prevention Program (National DPP) with the Arthritis Foundation's Walk With Ease (WWE) Program?**

- We know that the National DPP encourages participants to engage in a consistent routine of moderate physical activity, however there is no actual structured physical activity opportunity provided in the program curriculum. Using WWE as a way to provide National DPP participants with an evidence-based structured physical activity component is a potential way to help them meet their physical activity goals, as well as other health goals related to the National DPP.

#### **Audience Engagement**

- How is your state or organization collaborating with the diabetes community to pair Arthritis-appropriate evidence-based interventions (AAEBI) with diabetes efforts?
  - The state arthritis and diabetes programs promote one another's training opportunities (new leader/coach trainings)
  - Direct coupling of WWE and National DPP through YMCA
  - Formally engaging with National DPP lifestyle coaches to increase awareness of the benefits of coupling
  - Partnering with statewide YMCA alliance for cross referrals to National DPP
  - Promoting WWE for National DPP participants through the State Department of Health's Diabetes, Heart Disease and Stroke Program

- Working with our organization to identify where collaboration makes sense
- Sharing current and former partners
- Referring from WWE to National DPP
- Offering WWE as a National DPP session zero or offering WWE while offering National DPP
- Who are the specific partners you are engaging with to pair diabetes and arthritis efforts?
  - Area Agencies on Aging
  - Local Health Departments
  - Rural health networks
  - Accountable communities of health
  - State Department of Health Diabetes and Heart Disease and Stroke
  - Department of Social Health Services
  - Local food pantry's
  - Healthcare systems
  - Community health centers
  - Federally Qualified Health Centers
  - WISEWOMAN
  - Local community centers
  - Managed care organizations
  - Accountable care organizations

### Resources:

- NACDD and the National Diabetes Training and Technical Assistance Center (DTTAC) at Emory created the National DPP + WWE Coupling Implementation and Evaluation Guide. Click [here](#) to request the guide.
- DTTAC conducted a webinar on the National DPP + WWE Coupling Guide. [Watch the webinar](#).
- Project [overview](#) flyer describing the NACDD Coupling Efforts
- NACDD is working with two states on an initial pilot to integrate WWE into [ProVention's](#) Health and Lifestyle Training ([HALT](#)) platform, a web and app-based tool that local coaches utilize to offer the National DPP. Here is a [flyer](#) that explains more about the HALT effort.
  - More information about the [Iowa pilot](#)
  - More information about the [Kansas pilot](#)
- NACDD March 2021 General Member [webinar](#) focused on coupling WWE with other evidence-based interventions to encourage sustainability.
- WWE and National DPP Coupling [Presentation](#) used in Iowa
- WWE and National DPP Coupling [Presentation](#) used in North Carolina
- NACDD diabetes [podcast](#) featuring Health Promotion Council (PA) that speaks to HPC's efforts to couple arthritis and diabetes efforts.

### Evaluation:

- **Poll Question:** I gained skills related to my organization's ability to pair arthritis public health strategies with diabetes efforts
  - 20% Strongly Agree
  - 73% Agree
- **Poll Question:** Please provide additional information on the specific skills that you gained because of attending today's webinar. (Select multiple options)

- 60% - New partners to engage with to address arthritis
- 53% - New ideas/ways of thinking about my programs current approach to increase arthritis public health strategies
- 47% - Knowledge about tools that can be used to advance our work
- 40% - Strategies to sustain arthritis efforts
- 0% - Other