

Arthritis Council

Arthritis Council WWE Work Group Call Summary **Monday, May 15, 2023, 1:00 p.m. ET**

States in attendance: IA, NC, NY, OK, OR, RI, UT, WA, WV

Additional attendees: Arthritis Foundation, NACDD

Facilitator/Moderator: Nadia Mazza, MPH, North Carolina Center for Health Wellness at UNC Asheville

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.

State/Program Sharing:

Question: What do you see as your biggest opportunity with the WWE program right now?

- Embedding WWE into established walking groups to provide a structured program to support individuals in the groups
- With the interest in walking programs based on community needs assessments and an interest from individuals on being trained as WWE leaders the timing to expand the program is now
- The Public Employee Benefit Board in OR is willing to promote the WWE self-directed program to covered employees this spring, which is a large pool of people
- Excited about sustainability of WWE through coupling with other programs, and also integrating a more inclusive component to WWE implementation through the work that NCHPAD has done
 - Arthritis Foundation has been working with NCHPAD on guidance to make WWE more inclusive for people of varying abilities
 - The updated guidance is complete and partners are working to integrate graphics into the guidance; also working to develop a training on information included in the guidance that might include a state example, presentation by NCHPAD and practical information and tips
 - The updated guidance will be posted broadly for ease of access
- Using the WWE SD Camine Con Gusto portal <https://doh.wa.gov/es/community-and-environment-healthy-eating-active-living/le-damos-la-bienvenida-al-programa-autodirigido-camine-con-gusto> in several areas of the state; reframing WWE as a program that supports many chronic diseases (e.g., heart disease and stroke, diabetes); and, partnering WWE and WISEWOMAN with programming and data collection

Open forum discussion guided by the results of a poll to be launched at the beginning of every meeting. Each month, the poll will alternate between state and local focus options:

Participant recruitment and retention

- How are you keeping people interested in the six-week WWE program?
 - Cold calling participants to encourage participation; creating flyers to promote WWE by using local trails for walking
 - Following up with OAAA WWE Portal participants via email
 - Asking health coaches for chronic disease programming to make some space for using WWE to support physical activity and walking
 - Some attrition with participation is to be expected so working to enroll even higher numbers of individuals
- When implementing WWE SD, offers an in-person class for the first session where everyone can walk together and cool down together, and then encourages participants to do the sessions on their own, and at their own pace
- On a regional level, promoted WWE Portal as a way to prepare for an upcoming run/walk event that a lot of state agencies participate in; this has been a way to get into the workforce
 - Wellness wide email with state agencies and working with the Office of Employee Benefits are also great ways to get into worksites
 - Embed a link to the WWE portal in the employee wellness portal since the portal is available all year round
- Focus on WWE to support all chronic diseases; example from WA here <https://doh.wa.gov/community-and-environment/healthy-eating-active-living/walk-ease>

Program planning and implementation (including Self-Directed and Self-Directed Enhanced models)

- There are opportunities in coupling WWE with falls prevention programming and engaging a variety of health care professionals (e.g., fitness, etc.)
 - With health screening (e.g., falls prevention) WWE can be introduced as an opportunity to engage in physical activity
 - In the case of fall risk, this is a tangible way to engage in overall care for older adults; including some questions around pain; really working to couple the falls and arthritis programs, prioritizing WWE and gathering data to make the case

Successes and challenges offering Walk with Ease

- Worked with community doing Camine Con Gusto who used funds from another program (e.g., BRIC) to help with translation of materials
- Partnership with AAAs to use Title IIID funds for WWE leader training
- Supported WWE leader training for Cooperative Extensions in the past, and now several years later Cooperative Extensions are continuing WWE involvement and funding their own WWE leaders training

Announcements

- June call is cancelled; look for additional information soon on future meetings
- NACDD will be sending out a survey in June in lieu of a meeting which will include a few questions; please help us by completing the survey and sharing your thoughts
- **Big THANK YOU to Nadia Mazza (NC) for her WWE Workgroup leadership!**