

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

September 05, 2023 @ 2:00 p.m. ET

Working Together to Improve Quality of Life for Adults with Arthritis

This webinar provides an opportunity to learn more about the newly appointed Arthritis Council Steering Committee. Additionally, the webinar provides a platform for discussion around key partners that CDC-funded arthritis recipients are working with as they strive to improve quality of life for adults with arthritis. The webinar also provided an opportunity to help shape the agenda for the October Arthritis meeting and additional learning and engagement opportunities.

Webinar Notes and Resources

- Materials available on the Action on Arthritis website: <https://actiononarthritis.chronicdisease.org/monthly-webinars/>
- Meeting Recording: <https://vimeo.com/861398516>

Participants

- 36 total participants
 - 10 states (IA, MI, MN, MT, NH, OK, UT, VA, VT, WV)
 - 6 national organizations (CDC, NACDD, OAAA, Sound Generations, NRPA, SOPHE)

Arthritis Council - The NACDD Arthritis Council provides a forum for CDC-funded state arthritis programs, national organizations, and other partners to come together for peer-to-peer sharing and learning in an effort to increase state capacity to advance arthritis public health efforts. Any NACDD member or Associate Member is eligible to join the Arthritis Council.

Congratulations to our 2023-2024 Arthritis Council Steering Committee!

<https://actiononarthritis.chronicdisease.org/council/>

Chairperson: Trina Radske-Suchan- Iowa Community HUB
Nadia Mazza – North Carolina Center for Health, Wellness at UNC Asheville
Mona Burwell – Virginia Department of Health
Lakin Davis – West Virginia University
Emily Bird – New Hampshire Department of Health and Human Services
Nichole Shepard – Utah Department of Health and Human Services

Partnership Opportunities:

- Falls Prevention
 - Here is a link to a past webinar focused on linking arthritis with falls prevention! <https://actiononarthritis.chronicdisease.org/partnering->

[statewide-arthritis-public-health-strategies-with-falls-prevention-and-healthy-aging-program-efforts/](#)

- CDC's falls prevention program does not fund states for program implementation. It has developed the STEADI website to provide tools/resources for healthcare providers, other practitioners, implementers and older adults. <https://www.cdc.gov/steady/index.html>
- Minnesota is working with Area Agencies on Aging (ACL grantee) to promote AAEBIs that are also falls prevention programs.
- Iowa has a CDC funded study analyzing WWE and falls prevention efforts. Trina is also on the Falls Prevention Coalition in Iowa.
- Lizzie (Oregon) is on the Oregon Falls Prevention Coalition and this statewide effort is looking to link arthritis and falls prevention.
- Montana oversees arthritis and falls prevention efforts. Montana plans to link SAIL with both efforts. September is also Falls Prevention Awareness Week (September 18-22, 2023).
- Worksite Wellness
 - CDC Work@Health Initiative <https://www.cdc.gov/workplacehealthpromotion/initiatives/workathealth/index.html>
 - CDC Worksite Health ScoreCard <https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html>
 - West Virginia Work@Health <https://activeswv.org/work-at-health/>
 - Oklahoma is promoting AAEBIs to Work@Health trainers and trainings.
- National Diabetes Prevention Program and diabetes prevention and management efforts
 - Oklahoma is linking National DPP with WWE as part of a cohort for state employees.
 - Iowa is using HALT and coupling Walk With Ease with National DPP efforts. They are in the process of developing an onboarding process for participants and coaches.
 - Montana is partnering WWE with the National DPP. They put out mini grants to lifestyle coaches to roll out WWE to participants.
 - Minnesota has been working with their diabetes program. They have offered WWE training and books to lifestyle coaches.
 - NH is coupling WWE with the National DPP initiatives and diabetes strategies. They have experienced more success when they can have participants meet with health coaches and participate in multiple evidence-based efforts.
 - WWE and National DPP [Coupling Guide](#) and [NACDD efforts on coupling](#)
 - Michigan was successful at getting the National DPP covered by Medicaid.
- Alzheimer's Disease, Area Agencies on Aging, and Healthy Aging Efforts
 - <https://www.cdc.gov/aging/funding/php/index.html>
 - Here's a link to a past webinar focused on working with units on aging - <https://actiononarthritis.chronicdisease.org/working-with-state-units-on-aging-to-advance-arthritis-public-health-strategies-october-5-2021/>
 - Montana is partnering arthritis efforts with healthy aging efforts.
 - Minnesota is focusing on cross promotion of AAEBIs to caregivers and folks with dementia.

- Utah has direct contracts with AAAs for falls programming and arthritis programming.
- BRIC and Social Connectedness
 - Here is the link to a past social connectedness webinar!
<https://actiononarthritis.chronicdisease.org/creating-environments-that-foster-social-connectedness-among-adults-with-arthritis/>
 - West Virginia had BRIC funding and they could consider future opportunities to expand food access to focus on physical activity and link to arthritis.
- WISEWOMAN and cancer survivorship efforts
 - NH and Iowa are partnering AAEBIs with WISEWOMAN efforts.
 - Iowa is partnering WWE with cancer survivorship programs.
- Nutrition and Physical Activity Programs
 - <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/index.html>
 - REACH grants: https://www.cdc.gov/nccdphp/dnpao/state-local-programs/reach/current_programs/recipients.html
 - High Obesity Program <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/hop/high-obesity-program-2023-2028.html>
 - Oklahoma has letters of support from the Oklahoma HOP program, and they plan to focus on partnerships moving forward.
 - Iowa State Extension will also focus on collaboration between arthritis and high obesity program in 6 counties. Dr. Welk is a PI on the HOP effort.
 - State Physical Activity and Nutrition Program (SPAN)
<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/span/span-2023.html>
- Cooperative Extension Universities
 - Virginia is partnering with the Cooperative Extension to expand National DPP and arthritis efforts.
- Heart Disease and Stroke
 - New Hampshire is starting to work with the American Heart Association to do some blood pressure programs and were hoping to add Walk With Ease into libraries.
 - Virginia is working with their Heart Disease and Stroke Program to include arthritis as a chronic condition to increase participation in their chronic care model with providers.
- Libraries
 - Here is a link to a webinar focused on partnering with libraries and other key partners.
<https://actiononarthritis.chronicdisease.org/engaging-new-non-traditional-delivery-system-partners-in-dissemination-and-delivery-of-aeabis-april-5-2022/>
 - UNC Asheville has worked with libraries in the past to promote AAEBIs.
 - MN is presenting at a state library conference in October.
 - Utah relies on their partnerships with organizations to expand efforts with libraries and senior centers.
- Healthcare Organizations
 - Link to SHARP webinar -
<https://actiononarthritis.chronicdisease.org/collaborating-with->

[community-resource-referral-platforms-and-integrated-health-and-social-care-networks-may-3-2022/](#)

- Virginia is working with community health workers and FQHCs. They will also be using the UniteUS for referral efforts.
- Oklahoma will be working with wellness coaches from certified community behavioral health clinics to provide arthritis and mental health services, get trained at Work@Health, and include AAEBIs in referral efforts.
- Tribal Partners
 - Oklahoma is partnering with tribal partners (Cherokee Nation) to provide access and availability to AAEBIs through tribal land.

NACDD TA Offerings:

- **Workgroup Calls** - The Arthritis Council oversees the formation of topic specific workgroups to provide opportunities for peer-to-peer learning and sharing.
 - Partnerships and Strategies to Sustain and Disseminate AAEBIs (Strategy 1) Workgroup – [Register](#)
 - Healthcare Providers Counseling About Physical Activity and Referrals to AAEBIs (Strategy 2) Workgroup – [Register](#)
- **Monthly Arthritis Program Sharing and Networking Webinars** – The Arthritis Council provides input on the monthly arthritis program sharing and networking calls. These calls provide an opportunity for recipients and partners to share experiences, lessons learned, and best practices, all while networking and leveraging partnerships. [Register](#)

Other Information:

- October TA/Peer Sharing webinar will focus on The Arthritis Foundation Helpline: A Source for Referral to AAEBIs and Beyond
- The **2023 Arthritis Recipient Meeting** will be in Atlanta at the Crowne Plaza Atlanta Perimeter at Ravinia in Atlanta, GA. This meeting is scheduled for October 18th-20th, 2023. Participants should plan to arrive on October 17th. More information, including registration and hotel information, as well as an outline of the proposed agenda for this meeting, is available by [clicking here](#).

Engagement and Evaluation:

- **Poll Question:** Top six AAEBIs recipients would like to hear more about during the October recipient meeting.
 - Tail Chi for Arthritis
 - Walk With Ease/Camine Con Gusto
 - Chronic Disease Self-Management Program/Toolkit for Active Living with Chronic Conditions/Better Choices, Better Health, Workplace CDSMP/Tomando Control de su Salud
 - Chronic Disease Self-Management Program/Toolkit for Active Living with Chronic Pain
 - Stay Active and Independent for Life
 - EnhanceFitness/Enhance Wellness

- **Poll Question:** I gained skills related to my organization's ability to work with partners to accelerate program success.
 - 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)
 - 77% - New Ideas/ways of thinking about my programs current approach to increase arthritis public health strategies
 - 47% - New partners to engage with to address arthritis
 - 29% - Knowledge about tools that can be used to advance our work
 - 6% - Strategies to sustain arthritis efforts