

**Arthritis Council Workgroup: Partnerships and Strategies to Sustain and Disseminate AAEBIs (Strategy 1) Call**

Thursday, September 14, 2023

2:00 p.m. ET

**Facilitator/Moderator:** Nadia Mazza, MPH, NC Center for Health & Wellness at UNC Asheville

**Participants:** 9 states (IA, MI, MN, MT, NC, NH, OK, UT, WV) and 2 national organizations (CDC, NACDD)

**Workgroup Charge:**

The NACDD Arthritis Council’s Strategy 1 Workgroup aims to provide a platform for national and state partners to engage in discussion about all aspects of AAEBI capacity building, delivery, and sustainability including but not limited to partnerships, planning, promotion, implementation, coupling, referrals, and evaluation.

**Call Summary**

Call summaries are posted to the [Action on Arthritis website](https://actiononarthritis.chronicdisease.org/resources-categories/).

Coupling Walk With Ease (WWE) with the National Diabetes Prevention Program (NDPP)

* Erin shared that MN has had some success with coupling including using the OAAA self-directed WWE portal as an add-on to NDPP to help participants meet their physical activity goals
	+ Recently presented information on coupling WWE with DSMES to a group of diabetes educators and saw interest in the OAAA WWE
	+ Some of the 1705 diabetes partners are using diabetes funds to train lifestyle coaches as WWE leaders; they often use the WWE self-directed enhanced version and often the HALT platform with their cohorts
* Melissa shared that in MT she works with the diabetes team to couple WWE specifically to support the physical activity component of NDPP
* Greg shared that IA is also coupling NDPP and WWE
* Nadia shared that NC conducted a training for lifestyle coaches on how to refer their patients to WWE

What activities have been most helpful in recruiting/retaining WWE/Camine Con Gusto (CCG) participants?

* Greg (IA) shared that quick phone calls or coach conversations with participants, using Motivational Interviewing (MI) techniques, helps with engagement of participants
* WISEWOMAN Collaboration
	+ In MN WISEWOMAN was a great partner for CCG recruitment and retention of participants
		- Health coaching is part of the WISEWOMAN grant which works well with the self-directed enhanced version of the program
		- In addition to WWE, MN was successful in getting EnhanceFitness as a Healthy Behavior Support Service (HBSS) and just submitted to get TJQMBB as an approved program.
	+ NH is using WISEWOMAN Health Coaches (which are mostly CHW's) to market WWE and other programs
	+ UT has trained BeWise (WISEWOMAN) coaches in all AAEBIs offered in UT to help them refer patients as needed
* Collaboration with Worksite Wellness efforts
	+ Ryan (WV) shared that they have WWE at worksites and intend to bring WWE to Senior Centers as well
	+ OK and WV have Work@Health trainers who push out Walk With Ease through trainings with worksites
	+ UT has worksites that are delivering EBIs and they provide stipends/reimbursement for certificates of completion

The Program to Encourage Active, Rewarding Lives (PEARLS)

* This is a program developed out of the University of Washington - <https://depts.washington.edu/hprc/programs-tools/pearls/>
* Per a recent conversation between NACDD and Lesley Steinman at UW, PEARLS is looking at the link between physical activity and depression

Arthritis Foundation Exercise Program and AF Aquatics Program

* UT has AFEP and has seen some success with the program in a couple of areas of the state, particularly with Senior Centers
* Erin (MN) shared that they have a few programs in place with a similar experience

Tai Chi for Arthritis and Tai Ji Quan: Moving for Better Balance

* NH uses the YMCA to help with recruitment for TJQMBB
	+ Emily shared that she is going through the TJQMBB training and is discovering that having a background in exercise science or movement is beneficial
* OK also works with the YMCA, specifically for Tai Chi for Arthritis recruitment
* WV is using Tai Chi for Arthritis and Ryan shared that he has been delivering for over a year and is now going through the leader training
	+ Ryan shared that he thought someone without a background in Tai Chi could still be successful as a trainer; he is working with Senior Centers to encourage them to get involved with Tai Chi for Arthritis programs; Ryan shared his email in case others want to reach out - rsommerk@hsc.wvu.edu

**Additional Resources**

Here is a link to a virtual session focused on Tai Chi for Arthritis - <https://actiononarthritis.chronicdisease.org/tag/tai-chi-for-arthritis>

Here is a link to a virtual session and fact sheets about Tai Ji Quan <https://actiononarthritis.chronicdisease.org/tag/tai-ji-quan>

Here is a link to a recent success story that speaks to Oklahoma’s success with Work@Health, the CDC ScoreCard and evidence-based interventions! <https://chronicdisease.org/wp-content/uploads/2023/09/23-05-Work-at-Health-Oklahoma-Final.pdf>

Link to the CDC Work@Health Program - <https://www.cdc.gov/workplacehealthpromotion/initiatives/workathealth/index.html>

* Direct link to the Work@Health Training the Trainer page - <https://www.cdc.gov/workplacehealthpromotion/initiatives/workathealth/get-involved/train-the-trainer.html>

New version of the Camine Con Gusto book is out and available from the Arthritis Foundation - <https://afstore.org/shopping_product_detail.asp?pid=53408>

Here are some additional PEARLS resources - <https://actiononarthritis.chronicdisease.org/tag/pearls>

**Next Call**

* October 13, 2023 @ 2:00 p.m. ET
* Please [register](https://chronicdisease.zoom.us/meeting/register/tZ0kd-yqpzojGteH3oSgGzbk6AYbzgzjMQMT) in advance of the meeting