

## Arthritis Council

### **Arthritis Council Strategy 1 Workgroup Summary** *Partnerships and Strategies to Sustain and Disseminate AAEBIs*

**Thursday, April 11, 2024, 2:00 P.M. ET**

**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.

#### **Welcome**

- Facilitator: Nadia Mazza, MPH, North Carolina Center for Health Wellness at UNC Asheville
- Nadia shared as follow up from the March call, that there has been some discussion on Engage about collaboration on a WWE audiobook; additionally, there will be some follow up with Nick Turkas at the Arthritis Foundation to explore some other options.

#### **Partnerships and Strategies to Sustain and Disseminate AAEBIs Discussion**

##### Walk With Ease (WWE)

- WV shared that WVU and hospital employees who participate in WWE receive a discount on health insurance
- WV will be using the OA Action Alliance WWE Portal in senior centers and with other partners
- Resource - webinar with examples for upcoming meetings with Cooperative Extensions - <https://actiononarthritis.chronicdisease.org/partnering-with-extension-programs-as-community-partners-and-business-influencers-to-spread-work-of-grantees-and-sustain-efforts/>
- MT shared that as part of their state wellness programs, WWE self-directed will be offer every month; staff will be doing health fairs and meeting with state directors as a component of state employee wellness program efforts
- MI shared that in partnership with CoreWell, they will be using NDPP lifestyle coaches to help with AAEBIs (e.g., WWE)
- MI is working to get WWE approved as a supportive program to DSMES and has a lifestyle coach that has agreed to do a demo with arthritis team; the arthritis team will be meeting with lifestyle coaches at a local market to talk more about WWE.
- MI is working with OAAA to get the WWE Portal set up so that NDPP sites can have a specific portal login
- VT has piloted DPP and WWE with really great feedback, and is now collecting some additional information (only 2 weeks in).
- NACDD shared a link to the coupling page where a copy of the NDPP and WWE coupling guide can be requested and downloaded; this guide might be helpful to lifestyle coaches <https://chronicdisease.org/ndpp-wwe-coupling/>
- VT state employee wellness providers are offering WWE to all employees and retirees; they are in the recruitment phase currently

- OAAA added a text option for logging minutes/days of walking to the WWE Portal; participants can receive a daily or weekly prompt to enter minutes if they opt-in
- MN is working with the Cooperative Extension to reach Veterans with the WWE program
- MN is working to incorporate WWE with their efforts in parks and with ParksRx
- NC partners with Parks and Rec organizations too, similar to how they partner with YMCAs. Parks and Ys, partner to deliver WWE through co-creating a SOW and small amount of start-up funds; they are trained in the data collection system, and then focus on sustainability without additional funding

#### Self-Management Resource Center (SMRC) Courses

- VT has a well-established SMRC project through diabetes and heart disease efforts; CDSMP, CPSMP, Tobacco and diabetes are all courses that are part of the project.
  - VT is currently working to set up referrals to CDSMP and CPSMP for those that have arthritis since these programs are already established.
  - <https://www.myhealthyvt.org/> is sponsored by the DOH (through something like a Medicaid waiver); all classes are free; the website is used for participant sign up
  - The [VT arthritis page](#) has a link and will send people to My Healthy Vermont
- NACDD shared that a few other states have similar referral platforms for AAEBIs
  - South Dakota partners work together on addressing chronic pain and opioids through BCBH (<https://www.avoidopioidsd.com/find-help/pain-management/>) and other self-management and physical activity programs (<https://goodandhealthysd.org/>)
  - New Mexico partners use an online platform for referral to evidence-based interventions (<https://www.pathstohealthnm.org/>)

#### Program to Encourage Active, Rewarding Lives (PEARLS)

- VT is offering PEARLS through SASH (Support And Services at Home); SASH works with a low-income Medicaid population that is 65 plus; there are currently 8 people waiting to be trained in PEARLS
- NACDD shared a link to the PEARLS resource sheet that Lesley S shared in October. <https://actiononarthritis.chronicdisease.org/wp-content/uploads/2023/10/PEARLS-AAEBI-Roundtable-handout-2023-10-19-PRINT.pdf>

#### Arthritis Foundation Aquatic Program (AFAP)

- VT has 2 AAAs that are offering AFAP (4 sites total)
- WV is also doing AFAP and Lakin is getting trained as a leader of the Aquatic Program

#### Tai Chi for Arthritis and Tai Ji Quan: Moving for Better Balance (TJQMBB)

- NC currently offers Tai Chi in partnership with ACL falls grantee, also part of Title IIID funding; a virtual seated version of the class is being offered; many sites (nutrition, etc.) have multiple people present and that Zoom in for classes.
- WV has four Tai Chi courses being delivered; they have partnered with Sr. Center's on this work; one Sr. Center has a Sr. Trainer that will be helping to get instructors recertified and new instructors trained using Title IIID funds; currently all classes have a wait list
  - WV holds Tai Chi classes via Zoom; one of the participants is a rheumatologist and will be speaking at an upcoming meeting

### Staying Active and Independent for Life (SAIL)

- SAIL is a 12-week exercise program for individuals 65+; the program can also be offered ongoing
- MT has been offering SAIL since about 2021 (Erin is working to achieve the Master Trainer status) and has a training at the end of the month with 11 leaders signed up
- MT is reaching out to YMCAs across the state to get them involved in the program
- MN shared that SAIL is one of the most popular programs in Area Agencies on Aging
- SAIL was recognized as a Title IIID – Evidence-Based Program by the Administration on Aging in September 2012

### **Announcements**

- Next Strategy 1 Workgroup is May 9<sup>th</sup> at 2:00 P.M. ET