

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

Tuesday, March 1, 2022 @ 2:00 p.m. ET

Emerging Trends in Remote Delivery of Arthritis-Appropriate Evidence-Based Interventions

Webinar Notes and Resources

- Materials available on the Action on Arthritis website:
<https://actiononarthritis.chronicdisease.org/monthly-webinars/>
- Meeting Recording: https://chronicdisease.zoom.us/rec/share/V5E9WfD-H6TY0ome7dPqdvxBVtXZgaF4Lm2sAXL9_yzulGywQL6bqxeac19m4s4c.hQh39u3AbgvLNqMU?startTime=1646161160000

Presenters and Resources:

- **Tiff Cunin**
 - Tiff works within the National Recreation and Park Association (NRPA) where they manage the healthy aging body of work.
 - <https://www.nrpa.org/our-work/partnerships/initiatives/healthy-aging-in-parks/>
 - healthyaginginparks@nrpa.org
- **Ashley Patten**
 - Ashley works for the City of Mustang in Oklahoma where she's offered adult programming, including Fit&Strong!, for over five years.
 - <https://www.cityofmustang.org/>
- **Shannon Willis**
 - Shannon works for the City of Mustang in Oklahoma. Shannon is a 14+ year fitness instructor where she implements Fit&Strong! @ Home for the City of Mustang Parks and Recreation.
- **Robin Brothers**
 - Robin works for the City of Fort Payne in Alabama. Robin and her team were part of the NRPA pilot project for remote delivery of AAEBIs where she is implementing Walk With Ease.
 - rbrothers@fortpayne.org
- **Liz Hall**
 - Liz works for the City of Fort Payne in Alabama. Liz and her team were part of the NRPA pilot project for remote delivery of AAEBIs where she is implementing Walk With Ease.
- **Lesley Steinman**
 - Lesley is research scientist at the University of Washington Health Promotion Research Center evaluating remote evidence-based programs.
 - lesles@uw.edu
 - **By March 15th**: Share your wisdom on remote EBP reach, delivery, impact, and supports:

- Leader Survey: <https://redcap.link/leadersurvey>
- Organization Survey: https://redcap.link/org_survey
- **Christine Pellegrini**
 - Christine works at the University of South Carolina Prevention Research Center where she is evaluating the short-term (6 weeks and 6 months) and long-term effects of a phone-based version of the Arthritis Foundation's Walk With Ease Program in adults with arthritis (n=300).
 - <https://uofscwalkingstudy.com>
 - <http://prevention.sph.sc.edu/index.htm>
 - https://www.sc.edu/study/colleges_schools/public_health/about/news/2021/cdc_grant_arthritis_pellegrini.php#.YVR2T5rMKUk
- **Kushang Patel**
 - Kushang is a Research Associate Professor at the University of Washington in Seattle. His research interests include the implementation and evaluation of exercise programs for arthritis management and falls prevention. He has been fortunate to engage with multiple stakeholders in the adaptation and implementation of remotely delivered EnhanceFitness.
 - kvpatel@uw.edu
 - <https://depts.washington.edu/hprc/online-ef-evaluation/>

Participants:

- 44 total participants (excluding presenters)
 - 18 states (AL, OK, SC, WA, NC, IA, AR, NY, MA, UT, VA, DE, MN, MO, RI, OR, WV, TX)
 - 5 national partners (including CDC and NACDD)

Resources:

- NRPA toolkit titled Remote Physical Activity Programs for Older Adults: A Guide to Planning and Implementation. <https://actiononarthritis.chronicdisease.org/remote-physical-activity-programs-for-older-adults-a-guide-to-planning-and-implementation/>
- Fort Payne Parks and Recreation YouTube Channel with on-demand recordings: <https://www.youtube.com/channel/UCPh9ZhYIqga3ppLhPBW3WzQ>
- City of Mustang Fit and Strong PowerPoint Presentation Series: <https://actiononarthritis.chronicdisease.org/city-of-mustang-oklahoma-fit-and-strong-powerpoint-series/>
- Example of using virtual platforms to engage participants: <https://chronicdisease.org/page/arthritisprograms/2021-meeting/> which provides a Day 2 Summary Document and a recording of the presentation by Trina Adler and Kate Welshons from the University of Minnesota Extension <https://vimeo.com/564231855>.
- The National Council on Aging (NCOA) "Resource Guide: Remote Delivery of Evidence-based Programs" <https://www.ncoa.org/article/resource-guide-remote-delivery-of-evidence-based-programs>

- NCOA guidance on remote delivery during COVID: <https://www.ncoa.org/article/tracking-health-promotion-program-guidance-during-covid-19>
- CDC/OAAA AAEBI List: <https://oaaction.unc.edu/aaebi/>
- Evidence-Based Programs recognized by ACL: <https://www.ncoa.org/article/tracking-health-promotion-program-guidance-during-covid-19>
- Link to the CDC website which provides additional information about Prevention Research Centers including findings on various health topics, thematic networks, and program overview information. <https://www.cdc.gov/prc/index.htm>
- Prevention Research Centers are located in many CDC funded arthritis states including Alabama, Massachusetts, Minnesota, Missouri, New York, North Carolina, and Washington. Here is a link to profiles of each PRC with links to research projects and contact information. <https://www.cdc.gov/prc/center-descriptions/index.htm>

Question and Answer:

- Q: Can you share some success stories of delivering AAEBIs remotely?
 - A from City of Fort Payne: Several of our participants said they were more mobile and more confident with their ability to walk after the program. We had several that were sedentary prior to the program.
 - A from City of Mustang: We had many success stories from this project. One particular was the participant that had to move away from the area. She had completed the in-person class and loved it so much that she wanted to do the class again. After moving she didn't find opportunities for in-person exercise, so this remotely delivered class helped her start exercising again. She also bought a house with stairs and participating in the class helped her get strong enough to climb up and down those stairs.
 - A from NRPA: In our Oregon sites, a participant completed WWE and went from having a difficult time just getting out of a chair to becoming an WWE Instructor!!
- Q: How did you evaluate the effectiveness of programming?
 - A from City of Mustang: The Fit & Strong! @ Home developers have developed a survey on the Fit and Strong website for each participant to fill out before the class starts and after the class has finished. As an instructor, we can go in and look at the responses.
 - A from City of Fort Payne: We evaluated the effectiveness of programming through follow up phone calls with participants to monitor progress and impact.
- Q: How did you ensure efficacy of programming with virtual and remote delivery of Fit and Strong!?
 - A from City of Mustang: The developers of Fit and Strong have included several things in the program that really help. During the first session participants fill out a document called "Commitment to

- class.” This states that I, _____ will attend class 3 times a week for 8 weeks. To get the most out of this class we talk to them about attending as many sessions as possible. This document includes a place for participants to list their goals and what they want to get out of this class. During session 16, we work with them one on one and revisit this Commitment to class document and talk about their goals. We also help them plan what they will do once the class has finished. Also, throughout the program, if a participant misses a class, we call them to check on them to make sure they are ok and tell them we missed them in class. That way it helps them feel like they are a part of a community and encourages them to attend class.
- Q: What did participants like most about remote delivery? What did they like least?
 - A from City of Fort Payne: The thing they liked the most was being able to walk and view the videos on their own time frame. On the other hand, not being able to socialize as a group was what they liked least.
 - Q: How are you bringing community members to the table to inform them of your services and programs?
 - A from City of Fort Payne: We use social media, word of mouth, and flyers as our primary mode of marketing and promotion. We also cross promote programs with the local Council on Aging.
 - A from City of Mustang: In our main department of Parks and Recreation, we print fliers of our events/classes, and they are posted on the wall when you first walk in our doors. We post on our Main Facebook page Mustang Parks and Recreation Special Events and post on our fitness classes Facebook group. Some of our fliers are taken to schools and passed out to kids to take home to their parents; this includes a calendar of events and special fitness projects that we implement. Our local newspaper has a section called ‘talk of the town’ where they will list our events and classes. The senior center sends out a monthly email to all the participants as well which includes events they are doing and fitness classes. We also post everything on our website. Another way we get the word out for our events is sending fliers through an email to a Senior Housing Complex and they print and post for their residents.
 - Q: Is there a cost savings of offering virtual classes vs. in person classes?
 - A: There are some costs that are saved by remote delivery. Examples include not having to pay for classroom space and other tangible costs associated with in-person classes.
 - A from Lesley Steinman: Our remote evidence-based program evaluation is not looking at cost savings specifically, but we are asking qualitatively about costs in our interviews with EBP administrators and staff/leaders delivering remote EBPs, and in surveys with these same stakeholders. We’ve heard both yes and no - that remote programs can potentially save costs (e.g. not having to pay for space or keeping the lights on, transportation to/from EBPs, recruitment time needed to

fill an in person class) and incur costs (for the technology needed for delivery itself as well as additional time needed to remotely engage people in EBPs and provide tech support).The other thing we have heard is about the reach of diverse older adults with remote vs. in person platforms. Any cost study would want to factor in who is being reached with remote vs. in person and the costs/benefits of engaging these different populations in EBPs. The EBP administrators have also talked about the one-time costs of developing a remote format. This cost could be dispersed over time as a development cost but that isn't something that has been factored into many program dissemination and implementation efforts until recently due to COVID.

- Resources on Methods and Strategies for a Cost-Analysis:
 - <https://implementationscience.biomedcentral.com/articles/10.1186/s13012-019-0882-6#Bib1>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6898762/>
- Resource on business acumen for CBOs:
 - <https://acl.gov/programs/strengthening-aging-and-disability-networks/improving-business-practices>

Engagement Strategies

- **Mentimeter Poll: Name one thing that you hope to gain by attending the webinar today.**
 - Better understanding of the SIPs and the results of the SOPHE evaluation
 - More information about Special Interest Projects
 - Learn more about current projects being implemented
 - New evidence-based interventions
 - Learn more about the right information to provide to those trying to implement AAEBIs
 - Continued information about how CBOs are bringing community members to the table to inform their services and programs
 - How to connect EBP participants and leaders to teach and participate in programs
- **Mentimeter Poll: Who have you been able to reach with AAEBI virtual delivery that you weren't able to reach through in-person classes?**
 - State employees
 - Rural participants
 - Homebound adults
 - People who are experiencing pain
 - Older men
 - Frontier populations

Evaluation

- **Poll Question:** I gained skills related to my organization's ability to work with community-based organizations to deliver AAEBIs remotely/virtually
 - 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 all that apply)
 - 77% - Knowledge about current efforts to deliver AAEBIs virtually/remotely
 - 73% - New ideas/ways of thinking about my programs current approach to increase arthritis public health strategies
 - 38% - New partners to engage with to address arthritis
 - 50% - Strategies to sustain arthritis efforts
 - 0% - Other