

Key Information and Bios for CDC Funded Arthritis State and National Partners

Table of Contents

STATES	2
Iowa State University / Iowa Community HUB	2
Michigan Arthritis Program	2
Minnesota Department of Health	3
Montana Arthritis Program	4
New Hampshire DPHS	4
North Carolina Center for Health and Wellness at UNC Asheville	4
Oklahoma State Department of Health	5
Oregon Health Authority	6
Utah Department of Health and Human Services	6
Vermont Department of Health, Vermont	7
Virginia Department of Health-Virginia	8
West Virginia University Office of Health Services Research	9
NATIONAL PARTNERS	10
Arthritis Foundation	10
Osteoarthritis Action Alliance (OAAA)	10
National Association of Chronic Disease Directors (NACDD)	11
National Recreation and Park Association (NRPA)	11
YMCA of the USA	12

STATES

Iowa State University / Iowa Community HUB

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Other Key Project Staff:

- Trina Radske-Suchan - Iowa Community HUB Leader - tsuchan@chpcommunity.org
- Abbie Coniglio - Project Manager - abbiec@iastate.edu

Arthritis Project Overview: The proposed project will address health disparities in arthritis care in rural Iowans by systematically increasing enrollment of individuals disproportionately affected by arthritis into AAEBIs designed to improve health outcomes. The project capitalizes on the organizational and technical capabilities of the Iowa Community HUB to promote awareness, screenings, and referrals from health care providers and organizations and individuals across the state.

AAEBIs:

- Chronic Disease Self-Management Program
- Tai Chi for Arthritis
- Walk With Ease – Self-Directed & Group

Key Partners: Cooperative Extension, AAAs, YMCAs

Michigan Arthritis Program

Candice Lee, LeeC@Michigan.gov

Other Key Project Staff:

- Richard Wimberley, Principal Investigator (WimberleyR@michigan.gov)
- Lorie Massuch, Financial Analyst (MassuchL@Michigan.gov)
- Anjanette Laurin, Nurse Consultant (LaurinA3@Michigan.gov)

Arthritis Project Overview: The Michigan Arthritis Program is building capacity to develop infrastructure for the dissemination of arthritis appropriate evidence-based interventions, and to raise awareness among healthcare providers of the benefits of recommending safe, accessible physical activity for the management of joint pain.

AAEBIs:

- Walk With Ease – Self-Directed & Group

Additional Information: We're focused on equitable, accessible program delivery to ensure these valuable interventions are available to those who need them most.

Key Partners: We're partnering with other CDC-funded chronic disease programs (Diabetes, Disability Health, WISEWOMAN) to integrate Walk With Ease into existing health promotion programs.

Minnesota Department of Health

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Other Key Project Staff:

- Georgie Kinsman, Evaluator: georgie.kinsman@state.mn.us
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- Lindsay Nelson, Community Health Systems Coordinator: Lindsay.Nelson@state.mn.us

Arthritis Project Overview: Our project focuses on increasing participation in AAEBIs through partnership with local area agencies on aging, as well as targeted health equity partnerships to increase access to and participation among veterans, people with disabilities, and people with low-incomes. We will also be partnering with the orthopedics service line of a large metro health system to incorporate a physical activity screening, counseling, and referral model, with programs offered in-house and through community-based partner/local area agency on aging. Throughout both projects, we will be exploring health plan engagement to seek out potential reimbursement opportunities for falls prevention programs.

AAEBIs:

- AEA Arthritis Foundation Exercise Program
- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Enhance®Fitness
- GLAD
- Stay Active and Independent for Life
- Tai Ji Quan: Moving for Better Balance
- Walk With Ease – Self-Directed & Group

Additional Information: We're hoping to increase engagement with existing coaches to improve recruitment and retention. We intend to increase our communication and marketing strategies to increase promotion of existing programs. We hope to collaborate with other CDC-funded initiatives like the BOLD grant (dementia/aging) by framing AAEBIs as dementia risk-reduction strategies, and Diabetes grants by framing AAEBIs as helpful support programs for diabetes prevention or management, including pairing physical activity programs with the National Diabetes Prevention Program or Diabetes Self-Management Education.

Key Partners: Partnerships we will continue from 1803 into 2301 include: University of Minnesota Cooperative Extension, Metro Area Agency on Aging (Trellis/Juniper), Wisewoman (Sage Plus), local public health agencies. New partnerships: Special Olympics of Minnesota, TRIA/HealthPartners (metro health system), American Physical Therapy Association - MN Chapter, Centers for Independent Living

Montana Arthritis Program

Melissa Dale, Melissa.Dale@mt.gov

Other Key Project Staff:

- Heather Welch, Section Supervisor, HWelch@mt.gov
- Erin Bley, Health Educator, Erin.Bley@mt.gov
- Amy Hallmark, Epi/Evaluator, Amy.Hallmark@mt.gov

Arthritis Project Overview: The Montana Arthritis Program goal is to maintain and recruit community partners in Montana to offer SAIL, Tai Chi for Arthritis, and Walk With Ease. In addition, start working with various health care entities in Montana to increase awareness about available AAEBIs.

AAEBIs:

- Stay Active and Independent for Life
- Tai Chi for Arthritis
- Walk With Ease – Self-Directed & Group

New Hampshire DPHS

Emily Bird, emily.c.bird@dhhs.nh.gov

Arthritis Project Overview: Increase access, awareness and sustainability of AAEBI programs throughout the state in CBOs, FQHC's and Health Care organizations. Collaborate and leverage opportunities with organizations such as NH Falls Task Force, Cooperative Extension and other CDC funded programs such as Diabetes, and WISEWOMAN.

AAEBIs:

- Arthritis Foundation Aquatic Program
- Enhance@Fitness
- Tai Ji Quan: Moving for Better Balance
- Walk With Ease – Self-Directed & Group

Key Partners: A very successful partnership has been with The Granite YMCA. They offer multiple AAEBI programs and have health coaches who assist with program enrollment and retention.

Another successful partnership has been with another CDC funded program, Wisewoman. Working with the WISEWOMAN program has allowed up to create workflows for referrals to AAEBI's such as Walk with Ease, Enhance Fitness. We are hoping to add more to the list of approved Healthy Behavior Support Services. This will help in our efforts towards sustainability.

North Carolina Center for Health and Wellness at UNC Asheville

Nadia Zebouni Mazza, MPH, nmazza@unca.edu

Other Key Project Staff: Two key project staff will be hired in GY1 (names & emails coming soon!)

- Public Health Specialist of Evidence-Based Programs
- Public Health Advisor of Clinical Partnerships

Arthritis Project Overview: For strategy 1, we're focused on enhancing statewide AAEBI locators and enrollment portals, establishing opportunities for AAEBI reimbursement, engaging large employers' worksite wellness programs to offer AAEBIs, and embedding AAEBIs into statewide, multi-site community organizations.

For strategy 2, we're focused on engaging healthcare partners (especially Health Coaches) in adopting the EIM model of PA assessment, PA counseling, and referrals to AAEBIs and pursuing reimbursement opportunities via our Community Care Hub which serves as a centralized contracting entity with health payors.

AAEBIs:

- Camine Con Gusto
- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Enhance®Fitness
- Program to Encourage Active, Rewarding Lives (PEARLS)
- Tai Chi for Arthritis
- Tomando Control de su Salud
- Toolkit for Active Living with Chronic Conditions
- Toolkit for Active Living with Chronic Pain
- Walk With Ease – Self-Directed & Group

Key Partners: NC's Division of Aging & Adult Services & our state's 16 Area Agencies on Aging have been our most successful partners to date because we share a common interest in not only building capacity for evidenced-based community health programs (including AAEBIs) but also in identifying opportunities for reimbursing them.

Our Office of State Human Resources has also been helpful in promoting AAEBI enrollment to state employees.

Oklahoma State Department of Health

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Other Key Project Staff:

- Janis Cravatt, janis.cravatt@health.ok.gov
- Karin Leimbach, karinl@health.ok.gov
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Arthritis Project Overview: The overall goal of our arthritis project would be to collaborate with internal and external partners to: 1) disseminate AAEBIs (Walk with Ease and Tai Chi: Moving for Better Balance) 2) develop/implement strategies to sustain access to and delivery of the AAEBIs 3) increase healthcare providers awareness of the AAEBIs through education with their partners and 4) discuss implementing electronic health referral pathways to AAEBIs.

AAEBIs:

- Tai Chi for Arthritis
- Walk With Ease – Self-Directed & Group

Additional Information: Our partners are excited about incorporating and promoting the two AAEBIs within their existing programs and we look forward to working with them as this project expands.

Key Partners: Of the 10 partnerships established, perhaps Cherokee Nation Public Health, Oklahoma Department of Mental Health and Substance Abuse Services and Lighthouse Behavioral Wellness Centers would be the unique partnerships.

Oregon Health Authority

Laura Schaffer, laura.r.schaffer@oha.oregon.gov

Other Key Project Staff:

- Lizzie Moore, Health Systems Policy Specialist: Lizzie.E.Moore@oha.oregon.gov
- Stephen White, Health Systems and Community-Clinical Linkages Manager, Stephen.C.White@oha.oregon.gov
- Sam Hermes, Research Analyst, Sam.Hermes@oha.oregon.gov

Arthritis Project Overview: The Oregon Arthritis Program seeks to increase participation in AAEBIs by strengthening e-referral and payment pathways to support health care provider physical activity counseling, referrals, and enrollment into AAEBIs.

AAEBIs:

- Otago Exercise Program
- Tai Ji Quan: Moving for Better Balance
- Walk With Ease – Self-Directed & Group

Additional Information: A primary focus of our program is to ensure that AAEBIs and other chronic disease prevention and self-management programs is to reduce racial and ethnic disparities in chronic diseases by improving access to programs for people belonging to different racial and ethnic groups. To help accomplish this, we are partnering with the Oregon Community Health Workers Association to expand training opportunities for CHWs to deliver these programs and to strengthen payment pathways for CHWs who deliver these programs.

Key Partners: Key partners include Oregon State University Extension Service, the Oregon Wellness Network, the Oregon Community Health Workers Association, the Oregon Office on Disability and Health, Comagine Health, the Oregon Self-Management Network, and the Community Integrated Network of Oregon.

Utah Department of Health and Human Services

Nichole Shepard, nshepard@utah.gov

Other Key Project Staff:

- Stephanie George Bever, Program Coordinator, sgeorge@utah.gov
- Sydnee Christiansen, Epidemiologist, sydneechristiansend@utah.gov

Arthritis Project Overview: The Utah Healthy Aging Program will address the growing public health problems of arthritis and increased physical inactivity among Utah residents by committing to the two strategies listed in the Funding Opportunity Announcement, including disseminating AAEBIs and adopting innovative and systems-based approaches to help establish or enhance healthcare provider assessment, counseling, and referrals of patients to increase physical activity. Strategies and activities will target adults (ages 18+) with arthritis and rural populations, address health inequities, and have statewide impact.

AAEBIs:

- AEA Arthritis Foundation Exercise Program
- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Enhance@Fitness
- Tai Chi for Arthritis
- Tomando Control de su Salud
- Toolkit for Active Living with Chronic Pain
- Walk With Ease – Self-Directed & Group

Additional Information: <https://healthyaging.utah.gov/>

Key Partners: We have several unique partnerships that we've developed over the years. We partner with area agencies on aging, local health departments, healthcare systems, higher education institutes, and community based organizations. Each partner serves a unique role and targets different members of the community, they each have successful stories to share.

Vermont Department of Health, Vermont

Suzanne Kelley, suzanne.kelley@vermont.gov

Arthritis Project Overview: Vermont will improve arthritis management and quality of life for adults with arthritis through statewide implementation and promotion of the Walk With Ease, PEARLS and Tai Ji Quan: Moving for Better Balance programs in partnership with key organizations that serve Vermonters most impacted by arthritis, including those with disabilities, older adults with lower incomes, and people in rural areas. We will also increase awareness on physical activity for managing arthritis and the benefits of AAEBIs through sharing resources and training opportunities to healthcare providers in FQHCs and Patient Centered Medical Homes.

AAEBIs:

- Program to Encourage Active, Rewarding Lives (PEARLS)
- Tai Chi for Arthritis

- Walk With Ease – Self-Directed & Group

Key Partners: AAEBIs will be delivered and promoted by: LiveWell, the State of Vermont’s employee wellness program; Support and Services at Home (SASH), a support organization for older, low-income Vermonters and those with disabilities; Vermont Area Agencies on Aging (AAAs), statewide agencies that provide assistance to older Vermonters and their families; and the American Association of Retired Persons Vermont (AARP).

Healthcare focused partners include Bi-State Primary Care Association, the umbrella organization for Vermont’s network of Federally Qualified Health Centers (FQHCs) and the Vermont Blueprint for Health (Blueprint), the state-run initiative transforming health care delivery through community-led strategies for improving health and well-being.

Virginia Department of Health-Virginia

Mona Burwell. mona.burwell@vdh.virginia.gov

Other Key Project Staff:

- Heather Board, MPH, Director of Division of Prevention and Health Promotion, Office of Family Health Services
- Karen Day, DDS, MPH, Arthritis Coalition Coordinator, Office of Family Health Services
- Stephani Curry, MPH, Chronic Disease Epidemiologist/Evaluator, VDH, Population Health Data

Arthritis Project Overview: The VDH Arthritis Program (VAP) will build on the foundation of DP18-1803 by working with new and existing programs and partners to expand availability, accessibility, and referral pathways to AAEBIs, increase provider physical activity screening, counseling, and referrals, and reduce disparities in those populations disproportionately affected by arthritis. Virginia’s achievement of outcomes under DP-23-0001 Component B will be accomplished by integrating and coordinating strategies and activities in multiple settings, by issuing consistent and tailored communications and messages, and by collaborating with a broad spectrum of partners who are committed to improving the health of individuals with arthritis in the Commonwealth.

AAEBIs:

- Chronic Disease Self-Management Program
- Tai Chi for Arthritis
- Tomando Control de su Salud
- Walk With Ease – Self-Directed & Group

Additional Information: Arthritis Friendly Parks and Trails for Walking in Virginia

<https://vdcr.maps.arcgis.com/apps/instant/sidebar/index.html?appid=ea07a3abcf8e483fa21a77f8f8c59954>

Key Partners: Under the DP18-1803 Cooperative Agreement in GY 5:VAP, Internal partners include other chronic disease programs in the Division of Prevention and Health Promotion (DPHP). VAP has included WWE enrollment in collaboration with the Cardiovascular Health Program (CVHP) during Heart Health Month. This internal braiding of programs has helped leverage funds to expand arthritis efforts among their partners statewide, including access to AAEBIs under the DP23-0001 Cooperative Agreement. This collaboration expanded with the Medical Society Virginia Foundation (MSVF) and the Virginia Hospital and Healthcare Association Foundation (VHHAF).

Lastly, VAP's unique partnership with The Virginia Department of Conservation and Recreation (DCR) developed the Arthritis Friendly Parks and Trails for Walking in Virginia GIS trail locator. Future development of the locator is planned to expand local parks and trails locations to increase WVE-friendly walking pathways for Walk With Ease participants and promote increased physical activity. This collaboration led to the WVE program being included and promoted in the next Virginia Outdoors Plan.

West Virginia University Office of Health Services Research

Lakin Davis, lsdavis@hsc.wvu.edu

Other Key Project Staff:

- Ryan Sommerkorn (Program Lead) - rsommerk@hsc.wvu.edu
- Adam Baus, Director of OHSR, Principal Investigator - abaus@hsc.wvu.edu
- Samantha Shawley-Brzoska, Research Assistant Professor, Co-Investigator - sshawley@hsc.wvu.edu
- Cecil Pollard, Assistant Director of OHSR - cpollard@hsc.wvu.edu

Arthritis Project Overview: Building an Equitable and Sustainable Arthritis Program in West Virginia to address the substantial public health burden of arthritis among adults in West Virginia (WV). OHSR will bring together organizations and individuals dedicated to increasing health equity, serving disparate populations, and offering Centers for Disease Control and Prevention (CDC) recognized programming to combat their significant arthritis burden.

AAEBIs:

- Arthritis Foundation Aquatic Program
- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Tai Chi for Arthritis
- Walk With Ease – Self-Directed & Group

Additional Information: OHSR is training project staff in our selected AAEBI's. Currently Ryan Sommerkorn is training in Tai Chi for Arthritis and Lakin Davis is working on being trained in the Arthritis foundation aquatic program. Our office is going to move forward with training project staff in Walk With Ease next.

Our office has created a Tableau Viz to show all currently available AAEBI's offered within senior centers throughout the state of West Virginia. You can view this interactive Viz here -

<https://public.tableau.com/app/profile/andrea.calkins/viz/ArthritisAppropriateEBIMapping/EBIMap>

Key Partners:

- West Virginia Bureau of Senior Services
- Lori Sherlock, Associate Professor, Aquatic Therapy Coordinator

NATIONAL PARTNERS

Arthritis Foundation

Nick Turkas, nturkas@arthritis.org

Arthritis Project Overview: The Arthritis Foundation serves provides an information and referral service hotline that connects people with arthritis to healthcare and community programs including AAEBIs. Additionally, the Arthritis Foundation oversees the Walk With Ease program (AAEBI).

Additional Information: Please connect with me to discuss ideas for workplace wellness, webinars and expanding our support group network.

Key Partners: The Walk With Ease program is widely available through a multitude of national, state and local partners. Recently the program was added to a pilot to measure its impact when coupled with the Diabetes Prevention Program.

Osteoarthritis Action Alliance (OAAA)

Kirsten Ambrose, MS, Associate Director, kambrose@unc.edu

Other Key Project Staff:

- Serena Weisner, MS - Director of Community Programming, s.weisner@outlook.com
- Katie Huffman, MA - Director of Education and Outreach, katie_huffman@med.unc.edu

Arthritis Project Overview: The OA Action Alliance (funded under CDC DP21-2106) works to address two overarching goals with several refined strategies and objectives under each:

Goal 1. Maintain and facilitate an active alliance of organizations committed to addressing OA from a public health perspective as outlined in the National Public Health Agenda for Osteoarthritis: 2020 Update (OA Agenda).

Goal 2: Foster collaborative and coordinated public health action to increase support and resources for addressing OA Agenda priorities and strategies.

AAEBIs:

- Camine Con Gusto
- Walk With Ease – Self-Directed & Group

Key Information: Key OAAA Resources for promotion and delivery:

AAEBIs- While the OAAA provides infrastructure support specific to the delivery and implementation of Walk with Ease and Camine Con Gusto through an online participant portal for each, we are the leading organization that rigorously evaluates and recognizes all AAEBIs. <http://oaaction.unc.edu/aaebi/>

Walk With Arthritis – learn more about Walk With Ease and access the OAAA’s WWE participant portal here:

<http://walkwitharthritis.org>

Camine Con Gusto – Access the OAAA’s participant portal for the Spanish language version of Walk with Ease, Camine

Con Gusto, and other educational information about OA here: <http://articulacionessanas.org>

Living with Osteoarthritis – Free resource library for adults with OA including access to Walk With Arthritis (and Walk With Ease), OA management strategies, disease education, physical activity guidance, and more:

<http://oaaction.unc.edu/JOINTPAIN>

OA Care Tools – a free, comprehensive toolkit designed to support healthcare providers, adults with arthritis, and employers with OA educational information and actionable tools to promote disease education, shared decision making, referral to AAEBIs, physical activity guidance, and more. Delivered in a variety of media formats (downloadable handouts, short videos, infographics, off-the-shelf presentations, and more) <http://oacaretools.org>

Key Partners: Successful partnerships include: 1. CDC state grantees and others that use the OAAA's Walk With Ease/Camine Con Gusto portals (~18 partners). 2. Key partners in fields we pursue to increase credibility, reach/engagement with priority audiences, and resource dissemination. For example, American Medical Society for Sports Medicine re: youth sports injury prevention; Osteoarthritis Research Society International re: bidirectional research and public health engagement. Desired: Cooperative Extension, FQHCs

National Association of Chronic Disease Directors (NACDD)

Heather Murphy, hmurphy_ic@chronicdisease.org

Lisa Erck, eerck_ic@chronicdisease.org

Julia Chevan, jchevan@chronicdisease.org

Arthritis Project Overview:

Component 1: NACDD provides training and technical assistance to promote AAEBIs.

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

Component 2: NACDD is developing an arthritis care model to increase healthcare provider screening, counseling, and referral pathways.

Key Partners: NRPA, Y-USA, AF, OAAA, CDC, HALT, DTTAC, Dartmouth College, Medscape Education

National Recreation and Park Association (NRPA)

Natalia Ospina, nospina@nrpa.org

Arthritis Project Overview: NRPA will advance arthritis public health priorities to improve the quality of life for adults with arthritis by delivery of arthritis-appropriate evidence-based interventions (AAEBIs) through a national network of local P&R agencies, reaching 50,000 adults over the five-year project period

AAEBIs:

- Active Living Everyday
- Enhance®Fitness
- Fit & Strong!

- Tai Chi for Arthritis
- Walk With Ease – Self-Directed & Group

Key Partners: USAging/Engaged: We work closely with this group and provide content for webinars and learning opportunities. We also sit on the engAGED Project Advisory Committee (PAC). Calvert County Government Department of Parks & Recreation Mooresville, and Mooresville Parks and Recreation Department. Both these agencies had a slow start to implementing their program during COVID, but through their dedication and leadership were able to get their programs up and running and to engage participants!

YMCA of the USA

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Info Coming Soon!