



**Arthritis Foundation
Walk With Ease Program**

+

**National Diabetes Prevention Program
Lifestyle Change Program**



Agenda

- Brief overview of Walk With Ease
- Different ways to offer WWE
- Support available to those interested in coupling NDPP+WWE
- Steps to become trained in WWE



Arthritis Foundation WWE Program

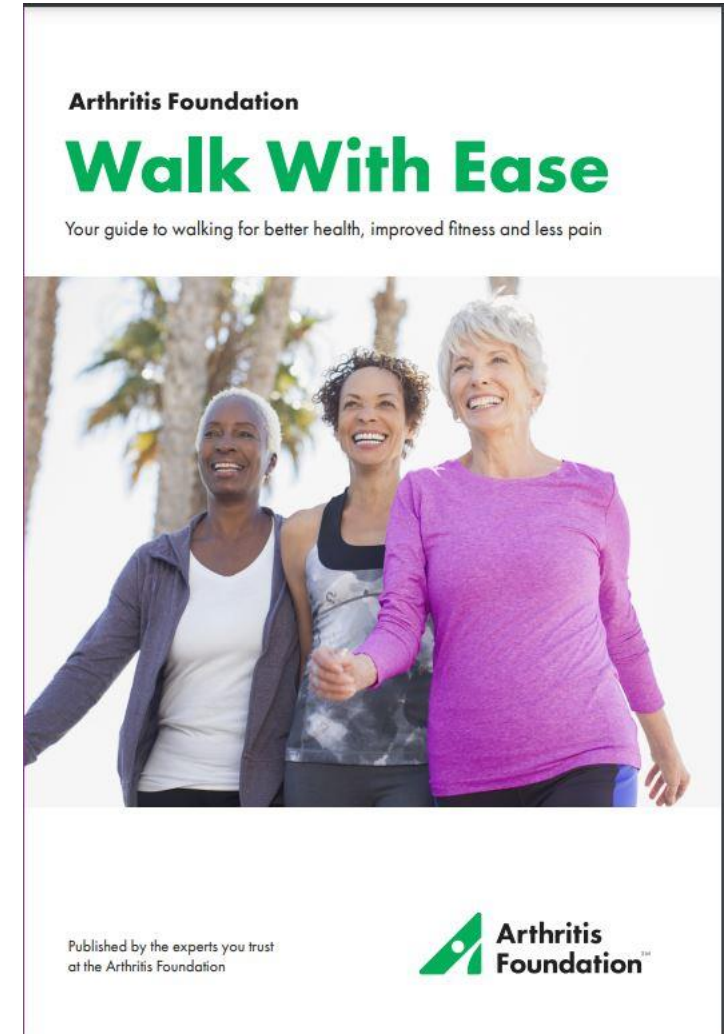
Walk With Ease is proven to:

- ✓ Reduce the pain and discomfort of arthritis
- ✓ Increase balance, strength and walking pace
- ✓ Build confidence in your ability to be physically active
- ✓ Improve overall health

Target Audience:

- ✓ Adults with arthritis
- ✓ Adults who don't have arthritis
- ✓ Range from beginners to the physically fit
- ✓ Able to be on their feet for 10 minutes without increased pain

For more information on the WWE program, watch this 20-minute introductory video <https://vimeo.com/723792536>





WWE Leader Training

- WWE Leader Training is required for **Group** format ONLY, but recommended for WWE **Self-Directed Enhanced** format
- [WWE Leader Training](#) is \$89 and takes about 3 hours to complete online
- CPR certification is required for WWE Leaders delivering an in-person Group format course

There is a NEW Arthritis Foundation Walk With Ease Disability Adaptation Guide!

Download a pdf here:

https://actiononarthritis.chronicdisease.org/wp-content/uploads/2023/12/Disability-Adaptation-Guide_Walk-with-Ease.pdf

Link to a recording providing an overview of the guide -

<https://vimeo.com/893532618>

Implementation Guidance: Format

Group	Self-Directed	Self-Directed
<p>In the instructor-led group format, participants meet 3 times per week for class session.</p>	<p>Enhanced</p> <p>In the self-directed enhanced format, a group of individuals begin and end the 6-week program at the same time. Participants meet once a week and complete their walks on their own.</p>	<p>In the self-directed format, participants read the Walk With Ease Guidebook on their own over the course of 6 weeks.</p> <p>FREE toolkit for the WWE SD Enhanced - https://chronicdisease.org/wp-content/uploads/2022/08/WWE.Self-Directed-Enhanced-Toolkit-2.pdf</p>

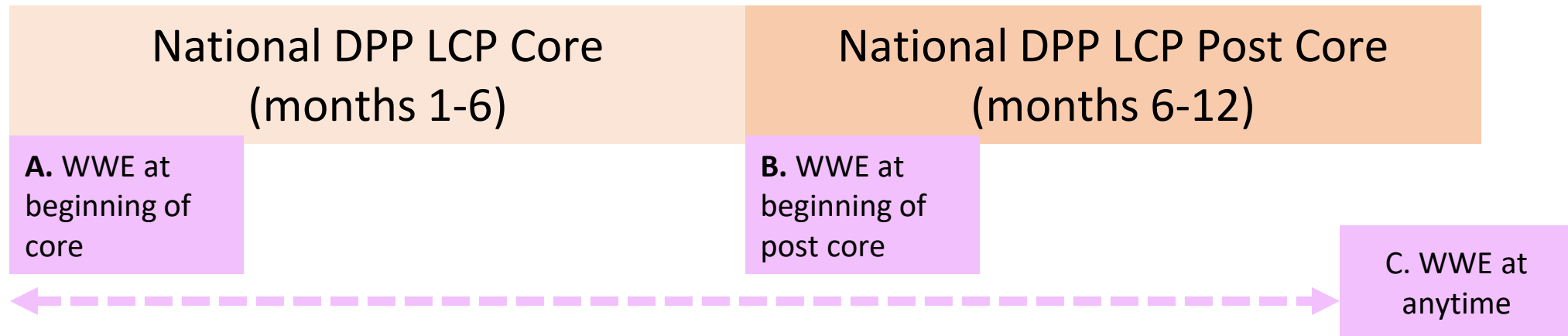




WWE Guidebook and Resources

- Special agreement with the Arthritis Foundation is in place for HALT pilot sites and allows participant access to the WWE Guidebook via pdf's of each chapter; the pdf's are available directly on the HALT platform
 - This access is \$5 per WWE participant and paid by NACDD while funds are available
- Camine Con Gusto is the Spanish version of Walk With Ease, and offered in the self-directed format only
- A 10-minute “how-to” video that shares information on navigating the sharing of WWE documents within the HALT platform is available here - <https://vimeo.com/832012464>

Implementation Guidance: Timing



Why couple these programs?



+ **Walk with Ease**



Potential for greater program outcomes including:

Engagement

Retention

Making &
Sustaining
Behavior
Change

Health
Outcomes

Physical Activity in the National DPP

Program PA Goal:

Increase and maintain physical activity minutes of 150 minutes per week

- Moderate activity
- Aim for a minimum of ten-minute increments
- Participant chooses type of activity they like that is realistic and sustainable for them

- Get Active to Prevent Type 2 (2)
- Track Your Activity (3)
- Get More Active (6)
- Energy In Energy Out (7)
- Stay Active to Prevent Type 2 (12)
- Take a Movement Break (18)
- Find Time for Physical Activity (21)
- Stay Active Away from Home (23)



National DPP + WWE Coupling Checklist – pages 1-2



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Health and Lifestyle Training (HALT) National DPP and Walk With Ease + Coupling Project

National DPP + WWE Coupling Checklist

This checklist is for CDC-recognized organizations with National Diabetes Prevention Program (National DPP) lifestyle coaches that have been trained on a CDC-approved National DPP curriculum and the HALT platform.

This checklist provides recommendations for lifestyle coaches to use to couple the Arthritis Foundation's Walk With Ease (WWE) program with their National DPP Lifestyle Change program (LCP) using HALT.

National DPP + WWE Coupling Checklist

<input type="checkbox"/>	Watch WWE video Watch this 20-minute introductory video on the WWE program
<input type="checkbox"/>	Request WWE + National DPP Coupling Guide Submit this form to receive a copy of the WWE + National DPP Coupling Guide
<input type="checkbox"/>	Learn more about local and national WWE efforts Connect with WWE liaison(s) as needed to assist with program implementation. <i>Note - NACDD Arthritis Team can connect National DPP lifestyle coaches with local and/or national TA support once the coupling guide is requested.</i>
<input type="checkbox"/>	Attend WWE leader training (optional but recommended) <ul style="list-style-type: none"> WWE Leader Training – This course is \$89 and takes about 3 hours to complete. An additional CPR certification is required for WWE Leaders delivering in-person Group courses Contact the Arthritis Foundation for additional information on Group course locations at 1 (800) 283-7800 or contact Steve Machado at steve.machado@nasm.org <p>*Program funds may be available to support WWE leader training. Please discuss options with local or national WWE liaison.</p>
<input type="checkbox"/>	Determine which participants will receive WWE Choose 1-2 existing National DPP cohorts or plan to incorporate WWE coupling into a future cohort.
<input type="checkbox"/>	Select WWE delivery format Determine which coupling format and timing you will use (see definitions in WWE + National DPP Coupling Guide) Format: <input type="checkbox"/> Self-Directed Enhanced <input type="checkbox"/> Self-Directed Timing: <input type="checkbox"/> Beginning of core <input type="checkbox"/> Beginning of post-core <input type="checkbox"/> Anytime <input type="checkbox"/> Other: Click or tap here to enter text.

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<input type="checkbox"/>	Prepare for WWE delivery Determine if there are project funds to support your delivery of WWE for National DPP participants. Reach out to arthritis@chronicdisease.org for additional information about potential funds to support leader training and/or guidebooks. <ul style="list-style-type: none"> Self-Directed Enhanced <ul style="list-style-type: none"> Implementation Toolkit – This toolkit will assist you in your efforts to lead a WWE Self-Directed Enhanced program Disability Adaptation Guide and associated materials – This guide provides tips and strategies to equip instructors with the knowledge they need to include people with physical, sensory, communication, and intellectual disabilities in WWE Self-Directed <ul style="list-style-type: none"> Walk With Ease Guidebook – This guidebook is \$11.95 plus shipping; discounts may be available by contacting Nick Turkas at nturkas@arthritis.org. A special agreement with the Arthritis Foundation for HALT pilot sites is in place to allow participant access to the WWE Guidebook via pdf's of each chapter on the HALT platform. This access is \$5/WWE participant and paid by NACDD. <ul style="list-style-type: none"> Camine Con Gusto is the Spanish version of Walk With Ease Amazon Kindle version of WWE Guidebook - This version is \$6 plus a free Kindle app* Osteoarthritis Action Alliance online registration and engagement portal for the Walk With Ease program – participants can be referred to the portal to sign up via one of the sponsoring organizations or organizations can invest in setting up their own portal; for questions or to learn more contact oaaction@unc.edu. <p>If you are hosting the WWE program, take all the necessary steps to implement the program with fidelity. Acquire participant guidebooks, select, and train WWE Leaders, and work with local partners to advance and coordinate efforts.</p>
<input type="checkbox"/>	Watch video about WWE and HALT Watch this 10-minute “how-to” video to determine how to navigate the sharing of WWE documents and videos within the HALT platform.
<input type="checkbox"/>	Market WWE to future cohorts Assist with participant recruitment by marketing WWE to future National DPP participants. Sample recruitment language - “[Insert organization] is offering the National DPP lifestyle change program to help people with prediabetes prevent or delay type 2 diabetes. This program teaches skills for living a healthier lifestyle including maintaining a healthy weight, making healthier food choices, and managing stress. Additionally, participants will be introduced to the Arthritis Foundation’s Walk With Ease program, an evidence-based physical activity program to improve joint pain, increase balance, and improve overall health. Contact [insert name and contact information] to enroll in the next cohort.” *Note that this step can be skipped if coupling within an existing cohort

National DPP + WWE Coupling Checklist – page 3



<input type="checkbox"/>	Introduce WWE to participants Use the WWE program as a way to provide National DPP participants with an evidence-based structured physical activity component to help them meet their physical activity goals, as well as other health goals related to the National DPP lifestyle change program. Additionally, increase engagement by adopting language from the email engagement series and marketing resources found in the Self-directed Enhanced Implementation Toolkit . Mode of engagement: <input type="checkbox"/> Message <input type="checkbox"/> Send documents or videos <input type="checkbox"/> Promote via user group <input type="checkbox"/> Promote via online community <input type="checkbox"/> Other: Click or tap here to enter text.
<input type="checkbox"/>	Prepare for program monitoring and evaluation Prepare for program monitoring and evaluation. Data: <input type="checkbox"/> Number of WWE Participants <input type="checkbox"/> Number of WWE Completers (4 out of 6 weeks/12 out of 18 sessions) WWE participants are introduced to the Walking Diary as a way to monitor changes in walking and other metrics as a result of participating in Walk With Ease. Additional guidance on how to monitor participant progress can be found in the WWE + National DPP Coupling Guide.
<input type="checkbox"/>	Engage with other National DPP lifestyle coaches using WWE as physical activity intervention Engage in peer-to-peer sharing opportunities with other National DPP lifestyle coaches and/or WWE coaches to share best practices, tips, tricks, and lessons learned. Mode of networking: <input type="checkbox"/> Roundtable event <input type="checkbox"/> User group <input type="checkbox"/> Arthritis Council Strategy 1 Workgroup <input type="checkbox"/> Other: Click or tap here to enter text.
<input type="checkbox"/>	Document impact Consider submitting evaluation data to NACDD to assist with documenting the business case for coupling WWE with the National DPP LCP. Guidance on how to do will be provided via email after requesting the WWE + National DPP Coupling Guide.

Online checklist with clickable links available here – [CHECKLIST](#)

Webpage with information and resources available here - <https://chronicdisease.org/ndpp-wwe-coupling/>



Additional Resources

Arthritis Foundation

- Arthritis Foundation Helpline – 800-283-7800
- Walk With Ease - <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease>



NACDD

- Email for additional information – arthritis@chronicdisease.org
- Searchable resource database - <https://actiononarthritis.chronicdisease.org/search-results/>



Thank you!



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**
Promoting Health. Preventing Disease.