

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

March 05, 2024 @ 2:00 p.m. ET

State Physical Activity Plans and Integrating Policy to Advance Public Health Strategies

This webinar provides information about the national and state landscape for physical activity policy and provides information about how West Virginia created their Physical Activity Plan to provide strategic direction to increase and maintain physical activity levels across the state.

Webinar Notes and Resources

- Materials available on the Action on Arthritis [website](#)
- Meeting [recording](#)

Participants

- 41 total participants
 - 15 states/territories (IA, MI, MN, MT, NC, NH, NY, OH, OK, OR, PA, UT, VA, VI WV)
 - 7 national organizations (CDC, NACDD, NRPA, OAAA, SOPHE, Sound Generations, Arthritis Foundation)

Legislative and Policy News:

Liz Ruth – VP Center for Health Policy

Administration Activities

- [Physical Activity Guidelines](#)
 - [Midcourse Report: Implementation Strategies for Older Adults](#)
- [House Conference on Hunger, Nutrition, and Health](#)
- [President's Council on Sports, Fitness, and Nutrition](#)

CDC Programs

- [Activity People, Healthy Nation](#)
- [Move Your Way](#)
- [State Physical Activity and Nutrition Program](#)

Additional Resources

- [Community Guide](#)
- This work links with [Healthy People 2030](#) Health Conditions and Health Behaviors topic areas, with a specific focus on the arthritis health condition and physical activity health behavior through the following objectives:
 - Reduce the proportion of adults with provider-diagnosed arthritis who experience severe or moderate joint pain.
 - Reduce the proportion of adults with arthritis whose arthritis limits their work.

- Reduce the proportion of adults with arthritis whose arthritis limits their activities.
- Increase the proportion of adults with arthritis who get counseling for physical activity.
- [US Physical Activity Alliance](#)
 - [National Physical Activity Plan](#)

West Virginia Physical Activity Plan

[Dr. Eloise Elliott](#) – West Virginia University

- [West Virginia PA Plan](#)
 - The West Virginia Physical Activity Plan is a plan developed with the overarching goal of providing strategic direction to increase/maintain healthy physical activity levels of the citizens of WV.
 - The West Virginia Physical Activity Plan was constructed using input from individuals from each of the 10 societal sectors.
 - The sectors are Business and Industry; Community Recreation, Fitness, and Parks; Education; Faith-Based; Healthcare; Media and Communications; Military; Public Health; Sport; and Transportation and Land Use.
- References
 - Bornstein, D. B., Pate, R. R., & Buchner, D. M. (2014). [Development of a National Physical Activity Plan for the United States. *Journal of Physical Activity & Health*, 11\(3\), 463–469. DOI:10.1123/jpah.2013-0358](#)
 - Bulger, S., Jones, E., & Elliott, E. (2018). [The United States of America. In *Routledge Handbook of Physical Activity Policy and Practice* \(pp. 575–586\). Routledge](#)
 - Elliott, E., Jones, E., & Bulger, S. M. (2014). [Active WV: A Systematic Approach to Developing a Physical Activity Plan for West Virginia. *Journal of Physical Activity and Health*, 11, 478–486.](#)
 - Elliott, E., Jones, E.M., Nichols, D.C., Murray, T.K., and Kohl, H.W. (2014). Chapter 29: State-Based Efforts for Physical Activity Planning: Experience from Texas and West Virginia. In R.R. Pate and D.M. Buchner (Eds.) *The National Physical Activity Plan: Implementing Physical Activity Strategies* (pp. 249-257). Champaign, IL: Human Kinetics.
 - Kohl, H.W., Johnson, A.M*, Dooley, E*, Towner, B*, Pate, R.R., Heischmidt, K*, Elliott, E. (2023) [An assessment of state-level planning for physical activity promotion in the United States. *Journal of Physical Activity and Health*. 20 \(7\), 633-638.](#)
 - [Kansas City Physical Activity Plan](#)

NACDD TA Offerings:

- **Workgroup Calls** - The Arthritis Council oversees the formation of topic specific workgroups to provide opportunities for peer-to-peer learning and sharing.

- Partnerships and Strategies to Sustain and Disseminate AAEBIs (Strategy 1) Workgroup – [Register](#) or visit the Arthritis Council [webpage](#) for additional information.
- Healthcare Providers Counseling About Physical Activity and Referrals to AAEBIs (Strategy 2) Workgroup – [Register](#) or visit the Arthritis Council [webpage](#) for additional information.
- **Monthly Arthritis Program Sharing and Networking Webinars** – The Arthritis Council provides input on the monthly arthritis program sharing and networking calls. These calls provide an opportunity for recipients and partners to share experiences, lessons learned, and best practices, all while networking and leveraging partnerships. [Register](#)

Audience Engagement and Evaluation:

- **Poll Question:** Would you find value in an NACDD coordinated peer learning/sharing group focused on state level physical activity promotion?
 - 81% yes and 19% maybe
 - If interested, what type of technical assistance activity would you find most valuable?
 - Supporting CBO's, parks and rec with their efforts
 - Helping to consider resources at hand (ideas for spaces to host AAEBIs), any TA on how to move forward with strategy 2 efforts
 - Crosswalk focus areas to better understand strategies and gaps across states
 - Connecting PSE with EBI and lifestyle behaviors
 - Reduce silos across programs in State and local public health
 - Equity
 - Marketing and start up
 - Finding areas of overlap/ways to leverage efforts of various grants in the state.
 - Program coupling (i.e. DPP and AAEBIs)
 - Marketing, customizable
- **Poll Question:** I gained skills related to my organization's ability to partner with veterans and active-duty military to advance arthritis efforts.
 - 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 multiple options)
 - 62% - New Ideas/ways of thinking about my programs current approach to increase arthritis public health strategies
 - 39% - Knowledge about tools that can be used to advance our work
 - 39% - New partners to engage with to address arthritis
 - 8% - Strategies to sustain arthritis efforts