

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

March 04, 2025 @ 2:00 p.m. ET

Partnering with CDC Division of Nutrition, Physical Activity, and Obesity

This webinar provides a platform for discussion on opportunities to partner with CDC physical activity initiatives.

### **Webinar Notes and Resources**

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

### **Participants**

- 19 total participants
  - 8 states/territories (IA, MI, MN, MT, NH, OK, UT, WV)
  - 2 national organizations (NRPA, NACDD)

### **Webinar objectives:**

- Provide an overview of the physical activity programming landscape
- Engage participants in discussion around opportunities to integrate arthritis public health approaches into CDC nutrition, physical activity, and obesity efforts
- Provide a platform for peer-to-peer learning and sharing

### **How are you partnering arthritis public health strategies with CDC physical activity initiatives such as State Physical Activity and Nutrition Program (SPAN), Active People Healthy Nation, the High Obesity Program (HOP), and REACH?**

Iowa: The Iowa Arthritis Team is connecting with [LEAP](#) to train county coordinators to deliver WWE as movement goal across state of Iowa. LEAP is the Iowa HOP program. Additionally, the team is working with the [Iowa Falls Prevention Coalition](#) to integrate messaging, programming, and community efforts.

Michigan: Michigan is partnering with [Michigan Moves](#), a statewide coalition that encourages physical activity and healthy lifestyles for all Michiganders. Particularly, Michigan Moves is focused on developing a [statewide physical activity plan](#) to help make Michigan the most physically active state in the nation! The Michigan Arthritis Team is also working on linking arthritis programming with statewide efforts focused on the built environment and policy, systems, and environmental change efforts. Additionally, Michigan is in conversations with the [Michigan APTA chapter](#) to partner on communication campaigns and referral to physical activity.

Minnesota: Minnesota hasn't written a physical activity plan into arthritis workplan yet, but this is something that might be added in the future. Minnesota legislature provides funding to local public health agencies to focus on prevention initiatives (e.g., tobacco, physical activity). The Minnesota team is looking to integrate arthritis efforts into statewide built environment work. Minnesota shared that they do have a local workgroup focused on [ParkRx](#). They are also looking at aging sectors, dementia, aging related programs, falls prevention efforts (e.g., SAIL and Tai Ji Quan: Moving for Better Balance) and their link to physical activity.

Montana: Montana is partnering with critical access hospitals across the state to offer Walk With Ease to employees as part of worksite wellness physical activity efforts and benefits.

New Hampshire: New Hampshire is focused on using WWE as the physical activity programming and referral to WWE for statewide efforts including WISEWOMAN and diabetes efforts.

Oklahoma: Oklahoma is working to couple National DPP and Walk With Ease by connecting National DPP participants and coaches to the Walk With Ease physical activity program. Additionally, they are working to educate providers on [STEADI](#) as a falls assessment tool and referring those patients to AAEBIs. Similarly, they are working with BOLD grantees on a healthy aging summit, multi-sector aging plan, and opportunities to collaborate around physical activity, mental health, transportation, and other aging needs.

West Virginia: West Virginia is aligning arthritis efforts, specifically Walk With Ease and Tai Chi for Arthritis programming, into statewide PA efforts including SPAN, HOP, and REACH. West Virginia is working on using one consistent workplan goal, objective, partner and activity (e.g., [Active Southern West Virginia](#)) for multiple funding streams and cooperative agreements. The focus is to expand access to programming across the state so that all can participate. The team is also working with [West Virginia Farmacy](#), a food prescription initiative to provide access to affordable fresh produce, to incorporate and promote Walk With Ease self-directed. Additionally, the team is linking arthritis messaging and arthritis friendly movement options into statewide physical activity campaigns and messaging. Lastly, West Virginia is also using AAEBIs as a way to help West Virginia carry out goals and objectives in the [West Virginia Physical Activity Plan](#). West Virginia is also offering AAEBIs in senior centers as a way to provide programming, build social connections, and share information!

National Recreation and Park Association (NRPA): NRPA is shifting to focus on intergenerational connection and recently developed a [Healthy Aging Framework](#). These tools and resources focus on framing physical activity as part of a Healthy Aging movement that also look at social isolation.

## Resources

- [Active People, Healthy Nation](#)
- CDC [Division of Nutrition, Physical Activity, and Obesity](#) (DNPAO)
- CDC [DNPAO State and Local Funding](#)
- [PAPREN](#)
- [Physical activity guidelines](#)
- Healthy People 2030 [Arthritis Goals and Objectives](#)

- Physical activity [goals and objectives](#)
- [Physical Activity Alliance](#)
- [The Midcourse Report: Implementation Strategies for Older Adults](#)
- Prescribing Physical Activity to Improve Arthritis Management, May 2022, [Webinar](#)
- Exercise Is Medicine: Engaging Patients in Physical Activity, a March 19th [webinar](#) where Erin McHenry Wolf is presenting
- [West Virginia AAEBI resources](#)

## **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. Visit the Arthritis Council [webpage](#) for additional information including meeting registration links.
  - Partnerships and Strategies to Sustain and Disseminate AAEBIs (Strategy 1) Workgroup
  - Healthcare Providers Counseling About Physical Activity and Referrals to AAEBIs (Strategy 2) Workgroup
  - 1:1 TA consultation sessions
  - Visit the [Engage platform](#) for up-to-date information on workgroups
- [Monthly Arthritis Program Sharing and Networking Webinars](#) – The Arthritis Council provides input on the monthly arthritis program sharing and networking webinars. These webinars provide an opportunity for recipients and partners to share experiences, lessons learned, and best practices, all while networking and leveraging partnerships. Register by visiting the [Action on Arthritis webpage](#).

## **Audience Engagement and Evaluation**

### **Partner organization(s) working in the physical activity space**

- AAEBI developers and leaders
- Area Agencies on Aging
- Certified Behavioral Health Centers
- Community centers
- Cooperative Extension Systems
- Department of Transportation
- Easterseals
- Faith based organizations
- Fitness centers
- Hospital educators
- Libraries
- Local health departments
- Parks and Recreation
- Physical Therapy clinics
- Public Health
- Senior centers
- Tribal Wellness Centers

- Universities and Academia
- Veterans Association
- YMCA's

### **Helpful resources to promote physical activity and AAEBIs**

- Age Friendly Health Systems
- America Walks and the Walking College
- Arthritis Foundation
- Assistive Technology Lending Library
- CDC Arthritis Program resources
- CDC-funded arthritis recipient pages
- Community Care Hubs
- Exercise is Medicine
- Exercise prescription pads
- Healthcare provider referral toolkits
- Healthy Places by Design
- Move your way campaign materials
- Osteoarthritis Action Alliance WWE Portal
- Physical Activity Vital Sign (PAVS)
- Statewide program locators
- Tai Chi for Health Institute

### **States interested in exploring physical activity plans**

\*West Virginia already has a Physical Activity Plan. [Link](#) to March 2024 webinar on this topic.

- Michigan
- Minnesota
- Iowa

### Poll Questions:

- I gained skills related to my organization's ability to partner arthritis public health strategies with CDC physical activity initiatives.
  - 100% Strongly Agree or Agree
- Please provide additional information on the specific skills that you gained as a result of attending today's webinar. (Select all that apply)
  - 83% gained "New Ideas/ways of thinking about my programs current approach to increase arthritis public health strategies.
  - 67% gained "New partners to engage with to address arthritis."
  - 67% gained "Knowledge about tools that can be used to advance our work."
  - 33% gained "Strategies to sustain arthritis efforts."