

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

Tuesday, June 7, 2022 @ 2:00 p.m. ET

Creating Environments that Foster Social Connectedness Among Adults with Arthritis

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/3Pev30IlnMrpP_hguKyYK4nv0pSnJtKk3nkSXqtkR4BmZBBVcIntCFshFLOGVF9M.-IfSsrRD02kdOc86?startTime=1654624771000

Presenters

- **Philip Bors: Healthy Places by Design**
 - philb@healthyplacesbydesign.org
 - <https://healthyplacesbydesign.org/>
 - <https://healthyplacesbydesign.org/socially-connected-communities/>
- **Daniel French: Building Resilient and Inclusive Communities (BRIC) Lead in New York**
 - New York Friendly Calls program. Friendly calls is a partnership with the NY Office for the Aging. Here is a recent article titled Friendly Calls' Program Engages Volunteers in Effort to Reduce Social Isolation for Older Adults. <https://aging.ny.gov/news/friendly-calls-program-engages-volunteers-effort-reduce-social-isolation-older-adults>
 - daniel.french@health.ny.gov
- **James Vance and Ashley Litton: Building Resilient and Inclusive Communities (BRIC) Contacts in West Virginia**
 - Press release about the West Virginia BRIC funding <https://dhhr.wv.gov/News/2021/Pages/West-Virginia-Receives-Funding-to-Promote-Healthy-Living.aspx>
 - West Virginia BRIC Plan <https://chronicdisease.org/wp-content/uploads/2021/03/WV-Flite.pdf>
 - West Virginia Department of Health & Human Resources, Bureau for Public Health. James Vance James.A.Vance@wv.gov and Ash Litton Ashley.N.Litton@wv.gov
- Katarina Manuse and Jilyana Baumgarden: YMCA Buffalo Niagara
 - <https://www.ymcabn.org/>
 - kmanuse@ymcabn.org
 - jbaumgarden@ymcabn.org

Participants

- 31 total participants (excluding presenters)
 - 10 states (WA, WV, NY, MN, MA, NC, NH, KS, VA, TX)
 - 4 national partners (CDC, NACDD, NRPA, OAAA)

Y-USA Recorded Session:

- Learn more about the Duke Social Support Index and efforts of YMCAs to improve social connectedness, especially among vulnerable adults.
- <https://media.ymca.net/Social%20connectedness%20Y-USA.mp4>

Resources

Building Resilient and Inclusive Communities (BRIC)

- <https://chronicdisease.org/bric/>
- <https://healthyplacesbydesign.org/project/building-resilient-and-inclusive-communities-bric/>

Healthy Places by Design:

- Socially Connected Communities: Solutions for Social Isolation Website <https://healthyplacesbydesign.org/socially-connected-communities-solutions-for-social-isolation/>
- Socially Connected Communities: Solutions for Social Isolation Report which offers five recommendations for creating socially connected communities, starting with public spaces, transportation, and housing. <https://healthyplacesbydesign.org/socially-connected-communities-solutions-for-social-isolation/>
- Social Isolation and Loneliness: Impacts on Health and Approaches to Prevention for the Fairfax Community <https://www.fairfaxcounty.gov/neighborhood-community-services/sites/neighborhood-community-services/files/assets/documents/prevention/reports/sil%20report%20-%200final%20-1121.pdf>

Other Resources:

- AARP Livable Communities Website. Many AARP Communities include efforts and plans to address social connectedness <https://states.aarp.org/section/livable-communities>
- Foundation for Social Connection which includes information about social connection including reports, resources, speaker series, and research <https://www.social-connection.org/connectconversations-1>
- Administration for Community Living Commit to Connect initiative which provides resources to help people fight social isolation and loneliness <https://committtoconnect.org/>
- Far From Alone website which includes stories, resources, and experiences discovering the power of social connectedness <https://farfromalone.com/>
- Recent article that speaks to the impact of COVID-19 on social isolation and poor health and emotional distress <https://www.commonwealthfund.org/blog/2022/more-covid-19-fallout-social-isolation-associated-poor-health-and-emotional->

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- The Arthritis Foundation's Connect Groups could create opportunities for social connections. Learn more at: <https://connectgroups.arthritis.org>
- Here is a link to an article that speaks to the impact of PEARLS on social connectedness for underserved older adults
<https://pubmed.ncbi.nlm.nih.gov/33187883/>

New York Walk With Ease Pre-and Post-Survey Questions that Address Social Connectedness

Question: How often do you feel lonely or isolated from those around you?
Response options: Always/Often/Sometimes/Rarely/Never

Question: Do you live alone?
Response options: Yes/No

Question: How often do you feel lonely or isolated from those around you?
Response options: Always/Often/Sometimes/Rarely/Never

Question: Since starting the Walk With Ease Program, would you say your mental health has
Response options: Gotten better/Remained the same/Gotten worse

Evaluation

- **Poll Question:** I gained skills related to my organization's ability to partner with social health access referral platforms to enhance arthritis public health 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 all that apply)
 - 64% - Knowledge about social isolation and social connectedness
 - 32% - New partners to engage with to address arthritis
 - 68% - New ideas/ways of thinking about my programs current approach to increase arthritis public health strategies
 - 27% - Strategies to sustain arthritis efforts
 - 0% - Other