

## **LEVERAGING FUNDS TO EXPAND THE REACH OF ARTHRITIS PROGRAMS**

Colorado program partners with aging agencies to serve more residents in need

### **Public Health Problem**

- No public or private infrastructure existed in Colorado for training or program implementation to ensure that evidence-based programs for arthritis reached residents.
- The Colorado Arthritis Program works to assure delivery of quality evidence-based programs to adults with arthritis in the state to limit complications like pain and disability.
- Twenty-three percent of Colorado adults have arthritis, including more than half of those aged sixty-five and older.

### **Program**

- A partnership formed between the Colorado Arthritis Program and the Consortium for Older Adult Wellness and their training venue The Academy for Older Adults established a needed statewide infrastructure for training arthritis program leaders and implementing programs.
- The Consortium, a statewide group committed to helping senior programs positively impact the health of older adults, now provides training to meet the needs of their community partners for implementing evidence-based arthritis programs on self-management and physical activity.
- The Colorado Arthritis Program supplies the training and technical assistance required for program fidelity and statewide data collection. The Consortium partnership also provides them with opportunities to work with others in the state's aging services network and in healthcare organizations to embed additional programs in existing delivery systems.

### **Impact**

- The number of program sites and number of participants in evidence-based programs are expanding monthly to meet more of the need for programs that reduce disability caused by arthritis.
- The Colorado Arthritis Program leveraged additional funding for infrastructure and data from the private Colorado Health Foundation and for training and implementation from the Administration on Aging, adding to state and federal resources to expand the reach of the program.
- Leveraged funding enabled the creation of a Healthy Aging Unit in the Colorado Department of Health and Environment which will integrate aging and chronic disease efforts.
- Low-income populations are increasingly reached with needed programs as a result of the public/private partnership.

### **Contact**

Penny K. Studebaker  
Colorado Department of Health and Environment  
303-692-2566  
penny.Studebaker@state.co.us

