

## **WORKING WITH PARTNERS TO SUSTAIN AVAILABILITY OF EVIDENCE-BASED PROGRAMS FOR ARTHRITIS**

*Underserved communities implement programs and train leaders*

### **Public Health Problem**

- Arthritis is the leading cause of disability in the United States.
- Evidenced-based arthritis programs can reduce disability and improve quality of life for people with arthritis.
- There was minimal local availability of proven programs for arthritis management or education on prevention and care for the underserved communities of Chicago.

### **Program**

- The Illinois Department of Public Health Arthritis Initiative worked closely with the Greater Chicago Arthritis Foundation to cultivate relationships with key constituents in underserved areas of Chicago through participation in community coalitions and health fairs and by implementing the CDC Communication Campaign.
- Illinois Department of Public Health Arthritis grant funds from the Centers for Disease Control and Prevention and in-kind support from the Greater Chicago Arthritis Foundation were used to provide training to a diverse group of leaders who could implement the evidence-based Arthritis Foundation Self-Help Program. These trained leaders represent three underserved Chicago community neighborhoods which are predominately African-American and two suburban locations, one of which is primarily Hispanic.
- Foundation staff provided technical assistance and site visits to monitor implementation.

### **Impact**

- The reach of the Arthritis Foundation Self-Help Program has increased by fifty percent to encompass ten Chicago locations.
- The Arthritis Foundation Self-Help Program is now available in Spanish due to a partner's interest in serving this community. One Hispanic trained leader will become a Master Trainer, training other leaders and expanding the availability of both leaders and available programs.

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