

Arthritis Council General Member Meeting

April 2, 2019

Agenda

- Call to order
- State spotlight
- State sharing and discussion
- Announcements
- Other

Roll Call

- CDC-funded state arthritis programs
- Other state arthritis programs
- National partners
- Anyone else

Reminders

- Agenda and other Arthritis Council materials are available on the NACDD website
- Feel free to ask questions using the chat feature or via telephone

State Spotlight: North Carolina

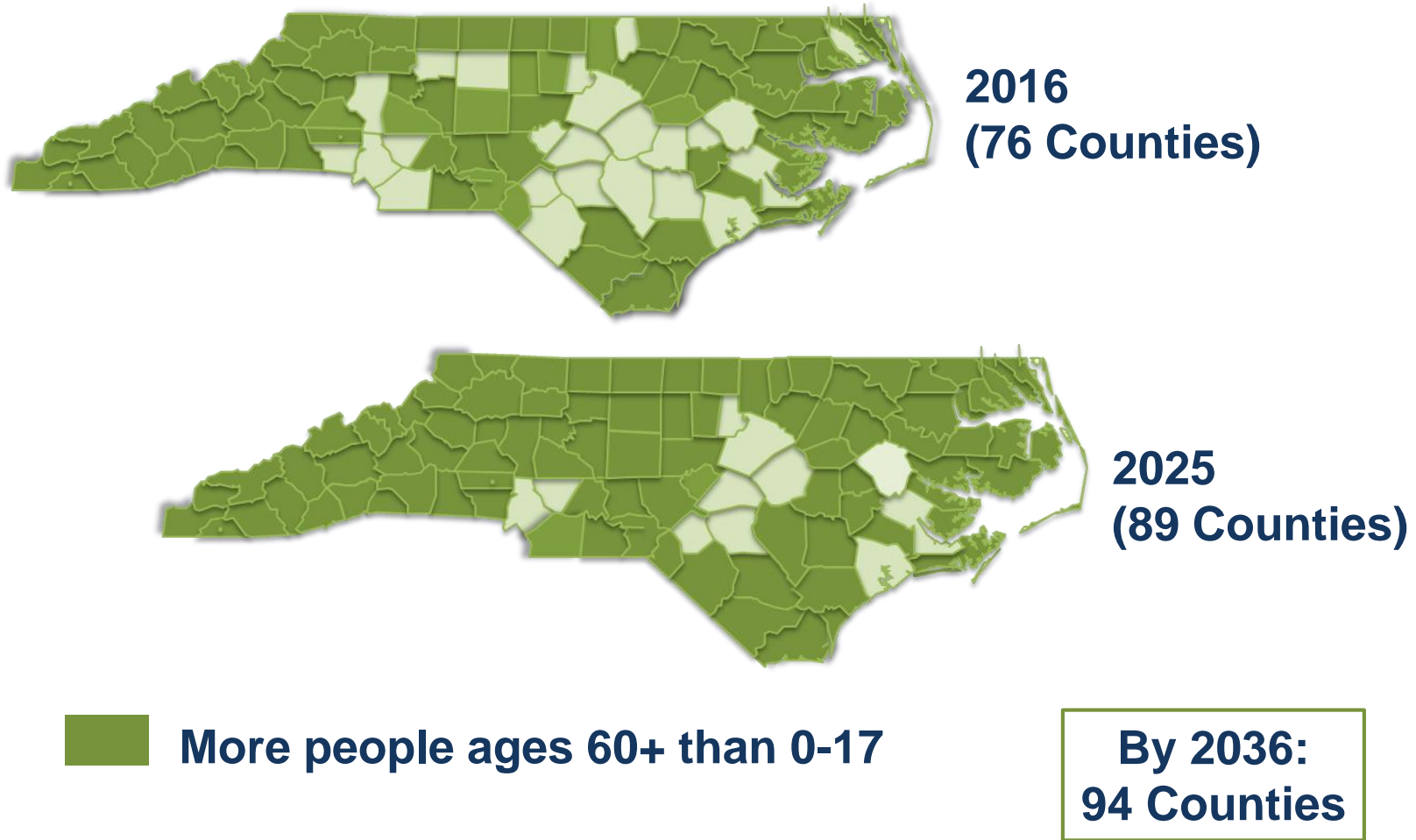
Year One (2018-2019)



HEALTHY AGING NC



NC Demographics

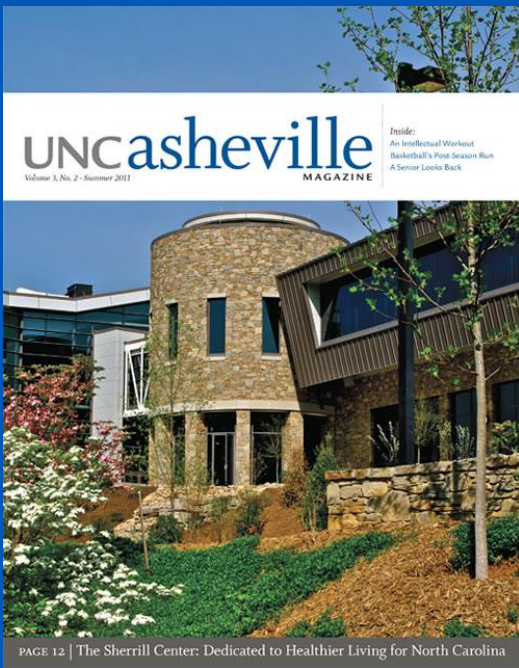


SOURCE: NC Office of State Budget and Management/demographics



Characteristics of Aging Adults in North Carolina

- 83% have at least one chronic disease.
- 52% have 2 or more chronic diseases
- Over 2 million have Arthritis
- 68% reported exercising in the past month
- 29% reported that their health is fair or poor
- 37% have at least one disability
- Residents aged 65 and older account for 88% of all fall deaths and 73% of nonfatal fall hospitalizations in NC.
- Each week, there are 1,189 emergency department visits among residents aged 65 and older, 266 hospitalizations, and 17 deaths due to fall injuries in NC.



Healthy Aging NC Initiative of the NC Center for Health and Wellness of UNC Asheville

Statewide resource for evidence-based programs (est. 2015)

- Falls Prevention Programs
- Chronic Disease Self-Management Education Programs
- Walk With Ease

Leverage aging network (Area Agencies on Aging, Senior Centers)
with expansion audiences

NC Center for Health and Wellness Team
Jeanne Dairaghi, CDC Grant Manager



Amy Lanou, Executive Director
Nicolle Miller, Director
Ellen Bailey, ACL Grant Manager
Janice Self, Data Administrator
Emma Olson, Evaluator
Sydney Swaim, Student Employee

- Connects people to the programs and agencies that improve community health
- Increases the capacity of providers to offer these programs
- Maintains the website www.healthyagingnc.com with current program information and online registration systems
- Collects and analyzes data to report results

Strategy 1: Disseminate AAEBIs and leverage other Self-Management Interventions

Focus:

- Chronic Disease Self-Management Program and Chronic Pain Self-Management Program
- Walk With Ease (group-led)
- Enhance Fitness



Strategy 1: Disseminate AAEBIs and leverage other Self-Management Interventions

- CDSME Training Academy
 - Subrecipient contract with Centralina Area Agency on Aging
 - Provides CDSME master trainings and lay leader trainings
 - Cultural competence and disability inclusion training
 - Resource development and material/program support



Strategy 1: Disseminate AAEBIs and leverage other Self-Management Interventions (con't)

- Enhance Fitness
 - Subrecipient contract with YMCA of WNC (subrecipient contract)
 - Provides Enhance Fitness leader trainings and programs
- Walk With Ease promotion
 - Resource development (OsteoArthritis Action Alliance)
 - Online leader training, books, and technical assistance



Strategy 1: Disseminate AAEBIs and leverage other Self-Management Interventions (con't)

- Regional Meetings



Strategy 2: Counsel and refer patients to increase physical activity, including participation in AAEBIs and walking

- Health care provider outreach
 - Focus on Physical Therapists
 - Resource development and sharing
- Referral pathway with agencies and providers
 - www.healthyagingnc.com
- Statewide strategic stakeholders meeting on June 7, 2019



Strategy 2: Counsel and refer patients to increase physical activity, including participation in AAEBIs and walking

- Health coach protocol
 - Encourage evidence-based programs and physical activity



Health and Wellness Coaching Test Pilot

The Health and Wellness Coach focuses on behavioral change to be physically active and maintain exercise adherence as a means to maintain or improve overall health.

The intent of the Health and Wellness Coach is to help participants to:

- Explore reasons and motivators to be physically active
- Identify barrier and challenges to being physically active
- Apply sustainable strategies to adhere to physical activity and maintain or improve health
- Refer to evidence-based programs

Strategy 3: Promote Walking

- Walk With Ease (self-directed)
 - Resource development and material/program support
- Employee Wellness Programs
 - State employee “Miles for Wellness” walking challenge
 - UNC-Asheville Healthy Campus Initiative step challenge (worksite wellness)

Miles for Wellness Challenge 19



Strategy 3: Promote Walking

- Cross-promotion with statewide campaigns
 - Parks and recreation departments and associations
 - Move More Walk Now NC



Strategy 4: Raise Awareness about Arthritis Burden and Management

- Website: www.healthyagingnc.com and Facebook *Healthy Aging NC*
- Develop marketing campaign strategy
 - Monthly bulletins
 - Resource sharing
 - State and national conferences
 - Scorecard



Thank you!



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www.healthyagingnc.com

State Sharing and Discussion

April Topic: Arthritis Awareness Month (May)

Announcements

Announcements

- Arthritis Council Survey – distribution to members
- NACDD Walk With Ease Mini-Grants – RFP open through April 26th -
<https://www.chronicdisease.org/mpage/WWEApp2019/>
- 2019 Arthritis Council Elections – nominations will begin in May

Thank you!

The next Arthritis Council call will be held
Tuesday, May 7, 2019 at 2:00 PM ET.