



## Arthritis Council Meeting Tuesday, October 2, 2018 2:00 PM ET

Arthritis Council Records can be found [HERE](http://www.chronicdisease.org/?page=ArthritisCouncilReco) - <http://www.chronicdisease.org/?page=ArthritisCouncilReco>

### Call Summary

- 1. Call to Order** – Nancy Katagiri (NY), Chair
  - Participants included individuals from the following states:
  - Kansas, Missouri, Montana, North Carolina, New Hampshire, New York, Oregon, Utah, Virginia
  - And from the following organizations:
  - Y-USA, Westat, CDC, NACDD
- 2. CDC Arthritis Program National Grantee Overview** –  
October 2018 FEATURED Presenter – YMCA of the USA  
Heather Hodge, M.Ed., Senior Director, Evidence-based Health Interventions, provided an overview of arthritis related work at the YMCA of the USA. Please visit the weblink above to download a copy of the presentation.  
*\*Next months featured grantee will be NACDD*  
Brief summary of presentation:
  - Y-USA is a federated non-profit organization with locations around the U.S.
  - The Y has a national resource office that provides resources and assistance on behalf of the Ys in the US
  - Y-USA partners with Sound Generations to offer EnhanceFitness (EF) through a large number of local YMCAs throughout the U.S.
  - About 14% of the EF classes offered by Y's take place off site
  - In Yr2 of the CDC arthritis grant, Y-USA expanded EF into 27 new local Y's, and conducted 54 quality assurance observations at local Ys to help improve the quality and consistency of EF
  - Yr3, Y-USA will be funding 24 new Ys with applications opening in December 2018; Heather Hodge encouraged states to partner with local Ys if there is an interest in the EF program; the funding will include a small stipend; the application process will include a readiness assessment that local Ys must complete; additional information will be available soon
  - In Yr3, Y-USA will also be conducting an EF trainer academy to train 25 new EF trainers in Yr3

- There is an opportunity for collaboration with Y-USA and the local YMCAs throughout the U.S. in Yr3 – click on the link in the posted presentation
- There will be another opportunity for CDC Arthritis State Grantees to hear about the work the Y is doing with clinical partners to increase counseling and referrals, by participating in the CDC Technical Assistance Call on November 28, at 1:30 PM ET (contact Margaret Kaniewski, mgk6@cdc.gov)

### 3. **Presentation from newly funded CDC Arthritis Program Grantees**

#### Oregon Health Authority

J. Hildegard (Hilde) Hinkel, MPH, Program Analyst & Community Programs Liaison, Health Promotion & Chronic Disease Prevention will present on the arthritis work in Oregon.

*\*If you would like to volunteer to present on your project, please email [hmurphy@chronicdisease.org](mailto:hmurphy@chronicdisease.org)*

Brief summary of presentation:

- Hilde provided a one pager on the work of the Oregon Arthritis Program that is available online through the link above (NACDD Arthritis Council webpage)
- Primary interventions are WWE (group and self-directed), CDSMP, NDPP (referral partnership; covered by Medicaid; working to pilot with OSU how to refer DPP participants into WWE)
- Oregon has been a CDC Arthritis Grantee since 2008
- WWE work began in the previous funding cycle; this includes work with OSU who is a HUB for WWE
- Living Well with Chronic Conditions is a program that Oregon has offered for many years and there are many partners all over the state for this program; there is a network of community-based delivery partners throughout Oregon; the Oregon Dept of Human Services is a major partner with this project
- The Oregon Arthritis Program works with YMCAs to deliver EF and will continue to expand efforts
- Better Choices Better Health is the online version of LWCC, and is a public employee benefit and educator benefit in Oregon
- Chronic Pain Self-Management Program is also a focus, and future plans include support for an additional master trainer and plans tap into the self-management network in OR
- For Strategy 2 of the grant, the Arthritis Program is working with the Oregon PT Association, continuing a project that was initially funded by NACDD; looking to OPTA to help educate service providers
- The Arthritis Program has a partnership with Safe Routes to School and Safe Routes to Parks
- The Arthritis Program is working to collect data on all 6 outcome measures through BRFS; working with Place Matters Oregon to get information – this is an OR brand that promotes healthy places throughout the state.

#### 4. NACDD Toolkit Project Introduction and 1803 Grantee Resource Discussion

Interactive discussion lead by Erin Loomis, Health Communications Manager, Westat Health Communications, on resources around the four 1803 strategy areas.

Brief Summary:

- This project is a CDC funded project to compile a resource guide for 1803 grantees whose purpose is to implement state-based approaches to increase self-management behaviors and improve the quality of life of adults with arthritis.
- The guide will build upon resources provided for Strategies 1-4, in [Attachment 2](#) of the 1803 NOFO:
  - Strategy 1:** Sustainably disseminate and increase availability of and participation in arthritis-appropriate evidence-based interventions (AAEBIs) and other appropriate self-management interventions;
  - Strategy 2:** Adopt innovative and systems-based approaches to help establish or enhance healthcare provider patient counseling about physical activity for arthritis management, including promoting walking and AAEBI referrals;
  - Strategy 3:** Promote state walking initiatives addressing the unique needs of adults with arthritis;
  - Strategy 4:** Raise awareness about arthritis burden and management by promoting AAEBIs, patient counseling, physical activity and walking as it relates to NOFO activities
- NACDD is working with Westat Health Communications on this project which will be complete by 11/30/18.
- Westat began the discussion with the following information and questions of call participants:
  - *The NOFO attachment 2 referenced a number of resources—for example, toolkits, marketing strategies/materials and other tools from organizations like CDC, AF, OAA, and others—that might be useful in implementing your work across the 4 strategic areas. To make sure you have what you need to be successful, I'd like to get a sense of how/whether you think the resources already provided can help and what additional tools or information you might need.*
  - *Have you had a chance to review any of those resources yet? Were you already familiar with any of them? Have you had a chance to use any of them yet?*

Responses:

123 to provider approach to community engagement provides resources/materials as well as practical information; used and distributed widely in NY

Would be beneficial to know how to plan dissemination on a small budget

- *Have you used any other resources for work you've been doing so far—even if you're just in the planning/review stages—or for similar work you've done in the past.*
- *How have these resources been helpful to you? If you haven't used them yet, could you see yourself using them and how?*
- *What kinds of additional information or tools do you think you'll need? Which strategy areas do you think you will need the most support for?*

Responses:

Would like the next step suggestions after access to the resource; something to help spark the planning process

- *What other types of characteristics would be helpful? Templates, how tos? Models, Examples?*

Responses:

Yes; also things that are customizable

5. **Announcements/Other**

- World Arthritis Day is October 12, 2018

6. **Adjourn**

**Next call is scheduled for November 6 13, 2018 at 2:00 PM ET**