



Arthritis Council Meeting

Tuesday, December 4, 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. Participants: Missouri, Montana, North Carolina/UNC Asheville, New York, Oregon, Utah, Virginia, Washington, NACDD
2. **Presentation** by Melissa Dale and Robin Silverstein from Montana, on the recent MMWR article “Self-Directed Walk With Ease Workplace Wellness Program — Montana, 2015–2017”.
https://www.cdc.gov/mmwr/volumes/67/wr/mm6746a3.htm?s_cid=mm6746a3_e
 - MMWR – WWE helped increase walking and PA in the workplace.
 - Project included working with the State of Montana Worksite Wellness Coordinator.
 - Started in 2015 with 105 participants, and in years 2016-2018 there were 1000+ participants.
 - In the first year WWE was offered to people with arthritis, and in following years it was offered to anyone who wanted a low-impact PA program.
 - Participants like the independence, but also felt accountable to themselves to walk every day.
 - Melissa spoke briefly on the participant portal.
 - Robin provided info on data and findings.
 - Melissa shared that they are now using this same model in other worksites throughout Montana.
 - Part of the success includes the ability to incorporate an insurance discount with the State employees; other businesses have not been able to do this discount yet.

Questions:

- On the BRFSS, what was the question that was asked about pain?
How much pain have you had in the past week; and, asked to rate pain on a scale of 0-10.
- If you could change this question, how would you ask it differently?
Might be able to ask more what type of pain, or where was the pain to get more specific.

- How did you coordinate registration with the Arthritis Foundation?
One of the Chapters is local; worked with that the Chapter staff member; this staff member has since left and Melissa is now working with Nick Turkas at the national office.
- What data collection tools are you using?
Using the same questionnaire that WWE uses for pre and post test; they also use this for the six month follow up.
- Regarding the data system – Program staff worked with the University of North Dakota to develop a participant portal.
- When people sign up for the WWE self-directed program, who does the delivery/emails; and, can people respond to them?
The State of Montana worksite coordinator became a trained leader and is sending out emails (they make sure people sending emails are trained leaders); there is a monthly email that goes out from the worksite wellness coordinator that talks about all programs available for state insurance discount (WWE is one of these).
Process - There is an automated email that goes out once you register for WWE; then Mail Chimp is used to send out automated emails; the wellness coordinator puts info in Mail Chimp and schedules emails so they go out automatically.
- Books were sent the first couple of years via mail or direct pickup. The people with arthritis appreciated these, others not so much. Now the process starts with asking participants if they want the book before sending; if participants doesn't want the book then it is not sent.
- Oregon is looking to expand WWE to state agencies so having the data is very beneficial.
- Melissa is happy to share any information, access to the participant portal, etc.

3. Adjourn

Next call has been rescheduled due to the holidays and will occur on January 8, 2019 at 2:00 PM ET