

**NACDD Advancing Arthritis Initiative**  
**2019 Arthritis-Appropriate Evidence Based Intervention HUB Grant Project**  
**Walk With Ease Request for Proposals**

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Background and Expectations

Background

As reported by CDC, about 1 in 4, or 54 million adults in the United States have been diagnosed or affected with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. Arthritis and other rheumatic conditions are a leading cause of disability among adults in the United States. Arthritis limits the everyday activities of 24 million US adults. Adults with arthritis can decrease pain and improve function by about 40% by being physically active.

CDC-recommended arthritis-appropriate evidence-based interventions (AAEBIs) offer relief, support behavior changes and are proven to increase overall health among adults. Unfortunately, many are not aware of such interventions or use of interventions as adjuncts to clinical care. **AAEBIs, like Walk With Ease, offer a proven opportunity to keep adults physically active, and physical activity is important for people with arthritis.** Physical activity can delay the onset of arthritis-related disability while also helping to manage other chronic conditions like diabetes, heart disease and obesity.

The second edition of the *Physical Activity Guidelines for Americans*, released in 2018, outlines recommendations for the Active Adult and Active Older Adult (US DHHS, 2018), and walking is among these recommendations. The Arthritis Foundation's Walk With Ease intervention is a six-week program designed to increase physical activity, reduce pain and improve quality of life for adults living with arthritis.

The focus of this project is to work with partners to increase the availability and participation in the Walk With Ease intervention. Selected grantees will serve as a "HUB", or network center. These HUBs will coordinate sub-awards, recruit and support participants as well as oversee implementation of activities to increase awareness, enrollment and participation in the WWE self-directed intervention and group intervention. Working through the HUB grantees, NACDD will expand the reach of arthritis appropriate evidenced based interventions, specifically, Walk With Ease (WWE) group and self-directed. The goal of the HUB Project is to have a collective total of 1,500 individuals or more complete the WWE intervention during the project period and sustain efforts into future years.

Expectations

**As a HUB grantee that coordinates sub-awards, applicants are encouraged to recruit partner sites to deliver WWE group and self-directed interventions.**

**Organizations are expected to have a collective total of 1,500 individuals or more complete the WWE intervention during the project period.**

Organizations selected to serve as HUB grantees will be expected to complete the following:

- provide oversight in all aspects of planning, implementation, and communication with implementation sites;
- increase community access to Arthritis Foundation *Walk With Ease* certified leaders, when implementing the WWE group intervention;
- increase access to the Walk With Ease self-directed and WWE group intervention;
- conduct marketing activities for WWE and assist with enrolling participants;
- coordinate and assist partners with tracking program participation and documenting all required components;
- participate in project technical assistance calls with NACDD and program evaluator; and,
- develop a sustainability plan for future years.

HUB grantees will be required to use NACDD evaluation tools to collect and manage project data. Best practices and lessons learned during the Yr3 HUB grant project will be utilized to help grow the project in Years 4-5. Information will also be shared with state and national partners to further expand the reach of AAEBIs like WWE.

## **REFERENCES**

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