

WORKING ACROSS PROGRAMS TO FIGHT DISABILITY

Arthritis and WISEWOMAN programs collaborate to achieve mutual goals

Public Health Problem

- Middle-aged, Latina women living in Los Angeles County and other Southern California counties have high rates of heart disease, high blood pressure *and* arthritis.
- Physical activity can improve the management of arthritis as well as other chronic conditions. Pain from arthritis may be a barrier to achieving recommended amounts of physical activity.
- The California Arthritis Partnership Program and the California WISEWOMAN program were developed to address different conditions – arthritis and cardiovascular disease, respectively. These two programs have mutual goals to increase awareness of the importance of physical activity and increase participation in self-management programs to adopt self-management strategies and skills.

Program

- The California WISEWOMAN program and the California Arthritis Partnership Program seek to reach a disproportionately-impacted group – women – to impact cardiovascular disease and arthritis, respectively.
- The WISEWOMAN program utilizes Community Health Workers to deliver health education and community referrals. A collaborative effort between CAPP and WISEWOMAN ensures that WISEWOMAN Latina participants identified with arthritis are referred to local Arthritis Foundation Chapters to learn about evidence-based Spanish arthritis self-management education programs.
- The California Arthritis Partnership Program facilitates program staff introductions; educates WISEWOMAN staff on the importance of physical activity and self-management for arthritis care; provides resource material, technical assistance and offered scholarships to WISEWOMAN staff to attend self-management program leader training.
- Effectiveness of the identification and referral process is evaluated at the participant's follow-up WISEWOMAN visit.

Impact

- Forty percent of Latina WISEWOMAN clients were identified with arthritis and referred for self-management education provided in their native language - providing skills and confidence for daily management of arthritis and other chronic conditions.
- Piggybacking on a program that also serves a population at high-risk for arthritis enables the California Arthritis Partnership Program to expand access to self-management programs.
- This collaboration helped program staff recognize the vital role of Community Health Workers in identifying, referring, and delivering self-management programs to Latina women.

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