

## Arthritis Council

### Arthritis Council Summary

Tuesday, February 4, 2020, 2:00 PM ET

#### ATTENDEES:

Arthritis Council records can be found here: <http://www.chronicdisease.org/?page=ArthritisCouncilReco>

#### ATTENDEES:

Kansas – Lainey Faulkner

Massachusetts – Peter Doliber; Meaghan Avery

Minnesota – Amy Michael; Ann Schulte; Selam  
Tilahun; Kris Haugen

Montana – Melissa Dale

New Hampshire – Scot Foster; Mike Loomis

North Carolina – Jeannie Dairaghi; Ellen  
Garrison; Nicolle Miller

New York –Caitlin Gurney; Sherri Rohenaz

Oregon – Tara Weston

Utah – Celsa Bowman; Stephanie George;  
Nicole Shepard

Virginia –Mona Burrell; Karen Day

Washington – Amy Ellings; Chris Zipperer

Other states/participants? NACDD - Natasha  
McCoy, Heather Murphy, Lisa Erck

#### **I. Call to Order – Chair, Scot Foster (NH)**

- Scot welcomed everyone to the call and officially called the meeting to order.

#### **II. Guest Presentation**

- Mike Loomis, MPH, New Hampshire Department of Administrative Services Bureau of Health and Benefits, led a discussion on incorporating Walk With Ease into existing state wellness efforts and next steps for Walk With Ease for state employees in New Hampshire. Summary of the presentation and discussion is below.
- New Hampshire is a self-payer and they have about 10,000-12,000 employees which is about 27,500 lives.
- OA was a big cost when they looked at data; \$167.5 million on medical coverage; \$6.3 million for the care and treatment of OA.
- WWE came into discussion in early 2018.
- WWE was pitched as a state wellness program rather than a way to save money on workers comp (Scot can share the pitch with those that are interested); WWE was provided free to employees.
- Delivery of WWE was coordinated with state agency wellness coordinators; a presentation was delivered in January 2019; intended to train leaders and deliver group classes, as well as set up self-directed programs; online certification keys for WWE leader training were used to train wellness coordinators.
- A mobile health app was used to promote the program and for employee sign up; message went to 7,000-8,000 individuals, and more than 2,800 viewed the message. A copy of the notification sent out is attached to this call summary.
- Mike shared that it would be beneficial to get a breakout of medical claims by agency, and that it is hard to get claims data other than worker's comp.
  - For this data, Mike indicated they filtered data by hip/knee injuries

- There were 9 agencies that had this type of claims data
- Outcome measures that might beneficial were discussed and included productivity, self-efficacy, VOI/ROI, and cost containment.
- Participants were asked to complete a survey via a link.
- Mike and Scot shared that the distribution of books was challenging; many books were distributed via interoffice mail or had delivered
- NH is looking into doing another round of WWE but will focus on the group version this time.

### III. State Sharing and Discussion

- There was a brief survey of participants on the concept of AAEBI integration and product line extension. There were 11 participants and the results are as follow:

	Which AAEBIs that have a physical activity focus are you delivering/disseminating in your state?	As you deliver and disseminate AAEBIs that focus on physical activity (e.g. WWE, Fit&Strong!, EnhanceFitness, etc.), are you cross training leaders from one AAEBI (e.g. WWE) in other AAEBIs (e.g. EnhanceFitness)?	If your state is delivering/disseminating other chronic disease evidence-based interventions (e.g. diabetes prevention) would you be interested in cross training leaders in arthritis PA AAEBIs to support physical activity components?
Utah	Walk With Ease (group , self-directed or enhanced self-directed); EnhanceFitness; Arthritis Foundation Exercise Program	No	Yes
Kansas	Walk With Ease (group , self-directed or enhanced self-directed); EnhanceFitness	Yes	Yes
Minnesota	Walk With Ease (group , self-directed or enhanced self-directed)	No	Yes
North Carolina	Walk With Ease (group , self-directed or enhanced self-directed); EnhanceFitness; Other	Yes	I already do this
Virginia	Walk With Ease (group , self-directed or enhanced self-directed); Arthritis Foundation Exercise Program	No, but I am interested in doing this in the future	Yes
Unknown	EnhanceFitness	No, but I am interested in doing this in the future	Maybe
Oregon	Walk With Ease (group , self-directed or enhanced self-directed)	No	Yes
New York	Walk With Ease (group , self-directed or enhanced self-directed); EnhanceFitness; Other	Yes	Yes
Montana	Walk With Ease (group , self-directed or enhanced self-directed); EnhanceFitness; Arthritis Foundation Exercise Program	Yes	I already do this
New Hampshire	Walk With Ease (group , self-directed or enhanced self-directed)	No	Yes
Washington	Walk With Ease (group , self-directed or enhanced self-directed); EnhanceFitness	No, but I am interested in doing this in the future	Yes

### IV. Announcements


- Arthritis Foundation Live Yes! INSIGHTS LIVE event [March 3 \(NY\)](#) and [March 21 \(LA\)](#)
- **NEW** - WWE Workgroup calls will be scheduled to occur on a monthly basis, for one hour. Doodle poll - <https://doodle.com/poll/wk6zcwzdubsqegk>. Please participate by February 26<sup>th</sup>.

- **NEW** - Special Announcement: 6|18 Webinar - Developing Public-Private Partnerships to Improve Employee and Population Health; February 25, 2020, 2-3 PM EST. Please click [here](#) to register. Visit the 6|18 [website](#) if you'd like to learn more prior to the webinar.

## V. Adjourn

*The next Arthritis Council call will be held on Tuesday, March 3, 2019 at 2:00 PM ET.*

## NH Mobile App Notification --



# NH Healthy Lives

PREVENT · PROMOTE · PROTECT

### Walk With Ease: A No-Cost, Self-Directed or Group Walking Program for All

New Hampshire Healthy Lives has partnered with the Arthritis Foundation to offer a 6-week walking program geared towards individuals who seek to increase their physical activity gradually and safely to decrease pain and discomfort caused by arthritis.


The program is offered to all State of New Hampshire employees, their dependents, and retirees. Please click the link below to register before April 12, 2019.

Walk With Ease is an 18-session program that can be self-directed or group-led. Participants will receive a Walk With Ease program guide book that includes stretching and exercises, as well as a wearable physical activity device\* to track daily steps, heart rate, and assess personal progress.

Registration is quick and easy. Click the button below to sign up.

[Register Here](#)

\*Each registered participant will receive a personal activity tracker while supplies last.

Walk With Ease is a program developed by the  **Arthritis Foundation**