

## **Arthritis Council Call Summary**

### **Tuesday, November 5, 2019, 2:00 PM ET**

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

#### ATTENDEES:

Kansas – Lainey Faulkner; Vitaliy Kroychik

Massachusetts – Meaghan Avery; Peter Doliber

Minnesota – Ann Schulte; Teresa Ambroz

New Hampshire – Scot Foster

North Carolina – Ellen Garrison; Jeanne Dairaghi; Nicolle Miller

New York – Celeste Roller Harp; Nancy Katagiri; Sherri Rohenaz

Oregon – Tara Weston

Virginia – Karen Day; Mona Burwell; Melicent Miller

Washington – Amy Ellings; Chris Zipperer

Other participants - Nick Turkas, Arthritis Foundation; Heather Murphy, NACDD; Lisa Erck, NACDD; Natasha McCoy, NACDD

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

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

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

- Nick Turkas, Director, Help & Support with the **Arthritis Foundation** presented on Live Yes! INSIGHTS<sup>SM</sup> and provided an update on the Walk With Ease (WWE) Leader Training updates.
- A copy of Nick’s presentation can be found on the Arthritis Council webpage listed above.
- Additional information can be found online at [arthritis.org/insights](http://arthritis.org/insights).
- The Arthritis Foundation is working to disseminate information through internal channels including their Arthritis Today readers, physicians (focusing on Rheumatologists and Orthopedic Physicians), the Arthritis Foundation legacy programs and social media.
- Updated WWE leader training is now available.
- Anyone who has enrolled in the WWE leader training during the past year can retake at no cost if interested.
- More information can be found on the Athletics and Fitness Association of American website – [afaa.com](http://afaa.com); if you participated in training during the past year, you should be able to access the NASM/AFAA dashboard and see the updates once you log in.
- If you have any questions contact [nturkas@arthritis.org](mailto:nturkas@arthritis.org).

#### **III. State Sharing and Discussion**

- Strategy 3 discussion - Promote walking. *The applicant is to promote widely available, existing state/county-wide walking initiatives or programs with infrastructure and potential for sustainability, and whose purpose is facilitating routine physical activity, and ensure they*

*address the unique needs and barriers of adults with arthritis and increase walking among adults with arthritis.*

- Scott began the discussion asking for volunteers to share their experiences with Strategy 3 implementation and several states shared their experiences.
- WA is working with their state Parks and Rec to implement ParkRx
- VA is using their PHHS Block Grant to focus on policy, system and environmental change and recently held a VA Walkability Action Institute.
- MN is implementing WWE and has leveraged funding for built environment work; they also have county level walking programs that receive funding.
- KS is working with their University Extension Service offices on the implementation of walking programs.
- NH is had a statewide walking initiative in the past but is now working to connect with the regional Arthritis Foundation Offices to collaborate on arthritis walks; there is also a Governor's Council on Physical Activity and Health that does a 90 day challenge so working to coordinate on that initiative.
- NOTE – if you want to connect with local Arthritis Foundation office, reach out to Nick Turkas ([nturkas@arthritis.org](mailto:nturkas@arthritis.org)) and he can make introductions.
- Heather launched a poll on implementation of WWE for State Agencies

#### IV. Announcements

- A follow up discussion on the **Osteoarthritis Action Alliance WWE Portal** will take place on **November 7 at 1:00PM**; register here for a Zoom Meeting: <https://chronicdisease.zoom.us/meeting/register/4c186150e8d74a8d4ac87b605f06faf5>
- NACDD/CDC announced the release of an RFA for the Walkability Action Institute
  - You may access the RFA, RFA Application Form, and RFA Appendices by clicking on the following link: <https://www.chronicdisease.org/page/wai>
  - Please note that eight interdisciplinary regional teams will be selected to receive travel assistance to attend this year's course.
  - New to this year's eligibility requirements is the additional attendance of applicant regions' respective state Department of Health and Department of Transportation representatives.
  - The RFA period is Thursday, October 31st – Friday, December 20th.
  - Eligibility limited to regions within the following 16 CDC SPAN states:  
Alaska, Arkansas, California, Colorado, Connecticut, Illinois, Kentucky, Minnesota, Missouri, New York, North Carolina, Ohio, Pennsylvania, Texas, Utah, Washington

#### V. Adjourn

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