



Walk with Ease- Self Directed

Montana Arthritis Program



Montana Arthritis Program

- Arthritis Interventions
 - Arthritis Foundation Exercise Program
 - Active Living Every Day
 - Chronic Disease Self-Management Program
 - Worksite Chronic Disease Self-Management Program
 - Enhance Fitness
 - Walk with Ease-group
 - Walk with Ease-Self Directed




Sustain Arthritis Programs

- Coordinated Contract
 - Local health department deliverables
 - Arthritis
 - Asthma
 - Cancer
 - Tobacco
 - Worksite Wellness
- Single Sites
 - Written into workplan




Continuing to Grow

- Worksite/Chronic Disease Self-Management Program
 - Worksites
 - Retirement home and assisted living facilities
 - Community Health Center
- Walk with Ease-Self Directed
 - Worksites




CDC MMWR

- November 23, 2018
- [Self-Directed Walk With Ease Workplace Wellness Program – Montana, 2015-2017](#)
- Improve walking and physical activity



Background

- State of Montana offers a \$30 monthly discount on insurance premium if complete
 - Health screening
 - Tobacco free or complete a nicotine cessation program
 - Healthy lifestyle activity
- 2015 offered the WWE-SD as a health lifestyle activity



State of Montana WWE-SD

- Offering the WWE-SD since 2015
 - 2015 = 105 participants
 - 2016 – 2018 = 1,000+ participants each year
- Reach across Montana
 - 105 towns
- Simple and easy



Structure of WWE-SD

- 6-week independent walking program
- Receive weekly emails
- Participants track and report walking minutes



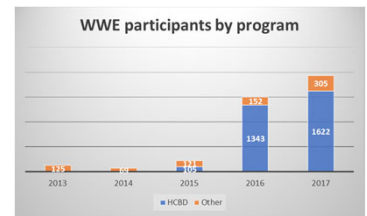
Collect WWE-SD Data

- Participant Portal
 - Registration
 - Participant Demographic
 - Pre-Test
 - Report Weekly Minutes
 - Post-Test
 - Certificate of Completion
 - 6-month Follow-up
- 72% completion rate



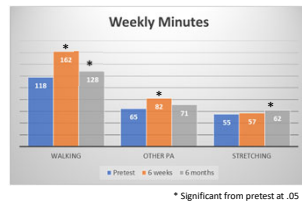
Participation in Walk With Ease

- Montana Health Care and Benefits Division (HCBD) 80% of WWE participants.
- Choice of WWE as Healthy Lifestyle Activity very popular.
- HCBD participant demographics (2015-2017 MMWR study):
 - over 45 (75%), white (94%), female (72%), college grad (63%),
 - no disability (90%), and no arthritis (76%)
 - (Table 1 in MMWR)

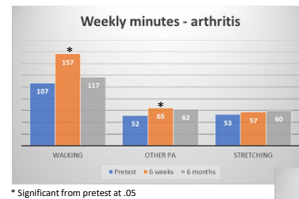


Weekly activities - overall

- Walking
- Other physical activity (swimming, bicycling, exercise equipment, other aerobic exercise)
- Stretching
- Significant increase in walking at 6 weeks and 6 months, Other PA at 6 weeks, stretching at 6 months
- (Table 2 in MMWR)



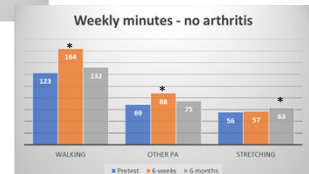
Weekly minutes by arthritis status



Participants with and without arthritis showed significant increases in walking and other physical at 6 weeks.

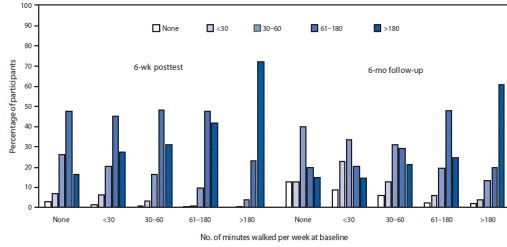
* Significant from pretest at .05

Participants without arthritis showed a significant increase in stretching at 6 months.



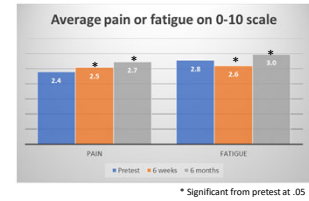
Minutes walking by baseline levels

FIGURE. Percentage of participants, grouped by baseline walking, by number of minutes spent walking per week at the 6-week posttest and 6-month follow-up, among state employees participating in a self-directed Walk With Ease program — Montana, 2015–2017

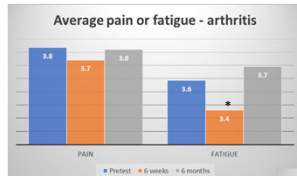


Pain and fatigue levels - overall

- Pain increased at 6 weeks and 6 months
- Fatigue decreased at 6 weeks and increased at 6 months
- All changes significant

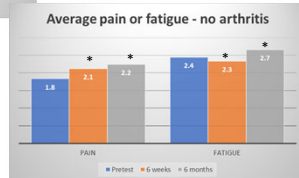


Pain and fatigue by arthritis status



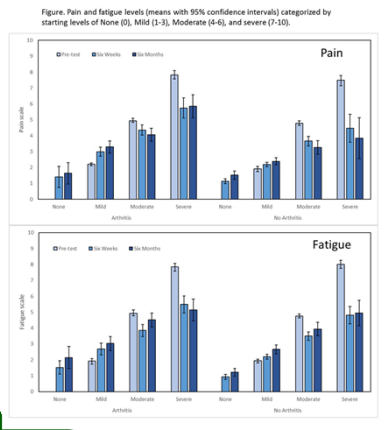
Participants with arthritis had a significant decrease in fatigue at 6 weeks.

Participants without arthritis had significant increases in pain at 6 weeks and pain and fatigue at 6 months; and a significant decrease in fatigue at 6 weeks.



Pain and Fatigue by starting pain and fatigue levels

- Starting levels of none or mild pain or fatigue increased at six weeks and six months.
- Starting levels of moderate to severe pain or fatigue decreased at six weeks and six months.
- First draft figure in MMWR



Other Worksites

- 18 worksites offering WWE-SD
- Provide
 - Weekly email templates
 - Access to Participant Portal
- Worksite incentives
 - Insurance discount
 - Gift cards
 - Other giveaways



Questions



Contact Information

Melissa Dale

Melissa.Dale@mt.gov

406-444-0959

Robin Silverstein

Robin.Silverstein@mt.gov

406-444-0057

