

Glossary of Common Arthritis-specific Terms

Arthritis - The word *arthritis* actually means joint inflammation. The term *arthritis* is used to describe more than 100 rheumatic diseases and conditions that affect joints, the tissues which surround the joint and other connective tissue. The pattern, severity and location of symptoms can vary depending on the specific form of the disease. Typically, rheumatic conditions are characterized by pain and stiffness in and around one or more joints. The symptoms can develop gradually or suddenly. Certain rheumatic conditions can also involve the immune system and various internal organs of the body (CDC Arthritis Program website).

BRFSS – The Behavioral Risk Factor Surveillance Survey is conducted by every state and territory. To read more about the BRFSS, go to: <http://www.cdc.gov/brfss/index>.

Capacity - Capacity data refers to the infrastructure you have put in place to be able to offer evidence-based interventions. Capacity data includes things like the number of delivery system partners who are currently offering the intervention programs, and the number of sites at which the interventions are offered. Capacity data also includes the numbers of leaders and trainers trained and currently available to offer trainings or courses.

CDC-funded arthritis programs consist of twelve funded state health department programs of: California, Kansas, Kentucky, Michigan, Missouri, Montana, New York, Oregon, Pennsylvania, Rhode Island, South Carolina, and Utah. To read about the CDC-funded state programs, go to: http://www.cdc.gov/arthritis/state_programs.htm

Embedding – There is now an emphasis on all funded, both NACDD and CDC, states to embed arthritis interventions into existing systems to exponentially expand access to and use of the approved arthritis interventions.

Evidence-based Programs - The CDC Arthritis Program recommends evidence-based programs that are proven to improve the quality of life of people with arthritis. Evidenced-based programs are those programs that, according to the National Council on Aging (2006), include: a specific target population; specific, measurable goals; stated reasoning and proven benefits; well-defined program structure and timeframe; specific staffing needs/skills; specified facility and equipment needs; and, built in program evaluation to measure program quality and health outcomes. A complete description of the approved interventions can be found at: http://www.cdc.gov/arthritis/interventions/physical_activity.htm

List of Approved Evidence-based Programs:

[Four self-management education programs](#) – The Arthritis Foundation Self-Help Program (AFSHP) English and Spanish, The Chronic Disease Self-Management Program (CDSMP); and, Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program).

[Six physical activity programs](#) – the Arthritis Foundation Exercise Program (AFEP), the Arthritis Foundation Aquatic Program (AFAP), The Arthritis Foundation Walk with Ease Program Group-led (WWE), Active Living Every Day (ALED), EnhanceFitness (EF), and Fit and Strong.

[Two health communications campaigns promoting physical activity](#) – Physical Activity. The Arthritis Pain Reliever and Buenos Días, Arthritis. Both of which are CDC Arthritis Program creations.

Several of the above programs require a licensing agreement with the program's creators before you may implement it. The [Arthritis Foundation Programs for Better Living-](#) AFSHP, AFEP, and AFAP- all require Arthritis Foundation partnership and collaboration.

The CDSMP and Tomando programs require licensing through the Stanford University and [Stanford Patient Education Research Center](#).

National Association of Chronic Disease Directors (NACDD) - The National Association of Chronic Disease Directors (NACDD) is a national public health association, founded in 1988 to link the chronic disease program directors of each state and U.S. territory to provide a national forum for chronic disease prevention and control efforts. Since its founding, NACDD has made impressive strides in mobilizing national efforts to reduce chronic diseases and the associated risk factors.

With 58 voting members and more than 1400 regular and associate members, NACDD works to reduce the impact of chronic diseases on the American population by advocating for preventative policies and programs, encouraging knowledge sharing and developing partnerships for health promotion. To read about the NACDD, go to: <http://www.chronicdisease.org/?page=AboutUs>

Some of our Partners:

AAAs – Area Agencies on Aging. To read more about the national organization of AAAs, go to: <http://www.n4a.org/>

AoA – Administration on Aging. To read more about the AoA, go to: <http://www.aoa.gov/>

NCOA – National Council on Aging. To read more about the national organization of AAAs, go to: <http://www.ncoa.org/>

PAN – Physical Activity and Nutrition. To read more about the Division of Nutrition, Physical Activity, and Obesity , go to: <http://www.cdc.gov/nccdphp/dnpao/>

Program Fidelity –**From the *Center for Healthy Aging***: Fidelity is being faithful to the elements of the program, in the way it was intended to be delivered.

<http://www.healthyagingprograms.org/captivate/module4.htm>

QOL – Quality of Life - from the *CDC National Center for Chronic Disease Prevention and Health Promotion*: In public health and in medicine, the concept of health-related quality of life refers to a person or group's perceived physical and mental health over time. Physicians have often used health-related quality of life (HRQOL) to measure the effects of chronic illness in their patients to

better understand how an illness interferes with a person's day-to-day life.

<http://www.cdc.gov/hrqol/index.htm>

Reach - Reach data captures information about the people who attend the program. We are interested both in the number of people reached through your evidence-based program, and for some interventions some basic descriptors about those people, so we can know which subgroups are being reached by these interventions, and perhaps more importantly, which subgroups are not being reached.

Sustainability – *from the Community Toolbox: Sustaining the Work* is a process of developing financial, community, and organizational supports for interventions to remain viable in the long-term.

Systems

A **systems approach** is a planned, coordinated and comprehensive approach to working with systems or “system partners” to assure ongoing program dissemination and delivery.

A **system partner** is an organization that provides a sustainable mechanism for disseminating programs through multiple sites that have access to the target population (people like to have arthritis).

**This is not meant to be an all inclusive list of glossary terms. If you would like to submit a term for consideration, please contact Mari Brick at: Brick@chronicdisease.org