

Arthritis Council

Arthritis Council Meeting

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

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

Call Summary

I. Call to Order

- Scot Foster (NH), Chair, welcomed everyone to the webinar and officially call the meeting to order.

II. State Sharing and Discussion

1) Discussion on potential collaboration with diabetes lifestyle coach training entities on integrating Walk With Ease to support physical activity components of diabetes programs

- Amy Michael (MN) shared information from the call with the Diabetes Training and Technical Assistance Center at Emory. DTTAC is one of about 12 organizations that are [recognized by CDC as a training entity for DPP lifestyle coach training and practice](#).
 - DTTAC participants were interested in potentially providing guidance for lifestyle coaches on physical activity (e.g. Walk With Ease) to support the DPP
 - DTTAC is willing to share information on WWE through communications efforts (e.g. newsletter)
 - DTTAC expressed some potential interest a pilot project that would look at a fully integrated model of DPP/WWE, and how this model impacts physical activity and pre-diabetes
- Melicent Miller (VA) shared that she has had conversations about how to better join the work of 1803 (arthritis), and 1815 and 1817(diabetes/heart disease/stroke). The Virginia Center for Diabetes Prevention and Education (VCDPE) is another CDC recognized training entity for the DPP lifestyle coach training and practice. Melicent and colleagues continue to have discussions on partnering with VCDPE organizations that implement the DPP in Virginia.

2) Discussion on collaboration with the WISEWOMAN program and successes in Iowa

- Heather Murphy, NACDD shared that NACDD grantee CHPcommunity worked with the Iowa Department of Health WISEWOMAN program to integrate WWE as a healthy behavior support service (HBSS). The Iowa WISEWOMAN referral protocol is available to share so Heather will send out with the call summary.
- Scot (NH) shared some history on the NH WISEWOMAN program.
- Nichole Sheppard (UT) shared that WISEWOMAN in Utah is called BeWISE and is located in the Cancer program. Health coaches are used to refer patients to many of the screening services. All BeWISE participants have access to personal health coach. BeWISE health coaches refer to all of the CDSME programs available in UT. Nichole shared that Celsa is working on a behind the scenes project to build a database system so it is easier to refer into chronic disease programs that are part of the arthritis program (e.g. a one click referral). Celsa uses Compass for data collection and referral; Compass incorporates script to find programming, this helps BeWISE coaches find classes easily and quickly.

- SagePlus is the WISEWOMAN program in MN and they do not have a huge number of clinics that are participating but Hennepin Health, a safety-net accountable care organization for the expanded Medicaid population is participating. MN is working with the hospital to incorporate the arthritis CHW training (see below) for WISEWOMAN as well.
- Nicolle (NC) shared that she has spoken with the NC WISEWOMAN program about doing EnhanceFitness in YMCAs (as a component of the WISEWOMAN program). Meaghan Avery (MA) is with the Old Colony YMCA in Mass and shared that while EF is an in-person class, Sound Generations is doing a pilot of a virtual option and hopes to disseminate more information after the pilot in September.

3) Discussion on health coaching and Community Health Workers (CHWs) for AAEBI delivery; discussion on the need for universal guidance when using health coaches or CHWs

- NACDD did a quick poll to see if any participants were currently using health coaches or CHWs to assist with AAEBI delivery. NC, MN, Utah, VA, and Arkansas, all responded that they are using CHWs or Health Coaching.
- Ellen Garrison (NC) shared how UNC-Asheville is using health coaching to support WWE; they found that it is good to have a platform built in with health coaching (e.g. Doxy.me); note - make sure the platform is HIPPA compliant.
- Scot shared that in NH when they had a health coach available for WWE-SD participation there were only about 5-6 people that accessed services.
- Pre-COVID-19, Utah was working with the University of Utah Health to investigate offering classes through their Wellness Bus, staffed by CHW's.
- Melicent (VA) is using a CHW program to support arthritis AAEBI offerings as well as infrastructure building and support as a part of 1815/1817 projects. VA currently has a curriculum that CHWs go through to get trained/certified. Melicent asked if there are any states that have done credentialing around arthritis specifically? VA recently launched a cholesterol training for CHWs. Some CHWs in Virginia are making visits via telehealth technology during COVID-19.
- Amy Ellings (WA) shared that she is not working with CHWs yet on AAEBIs but hoping next year to work with them on counseling and referrals. Had a call with Kaiser Health and hope that they (health coaches) will be able to help with counseling and referrals to those with arthritis.
- Scot (NH) asked how COVID has impacted CHWs in states.
 - Amy (MN) shared that their CHW strategy is on hold because of COVID. Cherylee (MN) shared that there was a health coach training that stems from a community transformation grant where University of CA San Francisco School of Medicine (along with the AHEC) was brought in to do health coach training previously. There were over 100 people trained and 4-5 received train-the-trainer status. One of the individuals still involved has incorporated arthritis into the training. MN will be reaching out to FQHCs and the safety net hospital system (they employ 10-15 CHWs) to re-engage them in a webinar training on the LMS platform with this information.
- Nicolle (NC) shared that they are working to continuing conversations on integrating arthritis into other work at UNC-A through CHWs. UNC-A works with Area Agency on Aging regional coordinators; some have expressed interested in health coaching so UNC-A is proposing a pilot that would train some of the regional agencies to do health coaching to better support those that might not be quite ready for lifestyle change/self-management programs.
- Ashley King (AR) shared that she is working with CHWs but in the beginning stages of working with the state CHW association. Asked if MN and other states that are

incorporating training might be willing to share information? MN is willing to share information once they make some updates.

III. Announcements

- Walk With Ease work group call August 20th 11 AM ET. Contact hmurphy@chronicdisease.org for more information.
- Peer to Peer Sharing Webinar #3 is August 25th 1:30-2:30 PM ET and will focus using program locators to triage people with arthritis and lupus to local evidence-based programs and providers. Contact eerck@chronicdisease.org for more information.
- The NRPA toolkit - [Greener Parks for Health: Green Infrastructure as a Strategy for Improving Equity and Community Well-Being](#) - is now available.
- Reminder - link to the main NACDD Arthritis Council page here - <https://www.chronicdisease.org/page/Arthritis>
 - Another resource for state arthritis programs is the OAAA resource webpage <https://oaaction.unc.edu/resource-library/for-community-partners/>

IV. Adjourn

*The next Arthritis Council call will be held on Tuesday, **September 1, 2020** at 2:00 PM ET.*