

## Arthritis Council

### Arthritis Council Meeting Summary

Tuesday, December 1, 2020, 2:00 PM ET

#### Summary

##### I. Welcome

- Scot Foster (NH), Arthritis Council Chair 2020-2021, shared that Melicent Miller (VA) accepted a new position outside of the Virginia Department of Health. We will miss Melicent on the Steering Committee and Council calls but are excited to announce that Tara Weston (OR) will be filling the at-large Steering Committee seat vacated by Melicent.

##### II. State Sharing and Discussion

- Topic for discussion - CDC funded State Arthritis Program strategy 3, Promoting walking as a way to manage arthritis symptoms
  - Kansas. Through the Kansas State University Extension Walk Kansas is offered and has been since 2001. The program is inexpensive (\$10/participant; fee can be waived) and has an average participation of about 7,000 per year. Every county in Kansas is covered by an extension agent. Arthritis information is included in the outreach and education by the extension service. Walk Kansas is incentivized through the state employee health program (e.g., participants get points towards goal). Through the Kansas Office of Primary and Rural Health, Walk With A Doc is promoted on national rural health day. In addition, the program connects with doc's affiliated with the 1817 and 1803 grants. The Kansas arthritis program works to connect WWE and Walk Kansas so there is always an opportunity to be a part of a walking program.
  - Washington. Arthritis initiatives are integrated into state plans in Washington. Arthritis coordinator is funded through the CDC arthritis grant as well as through the CDC SPAN grant which affords the opportunity to integrate arthritis initiatives like walking, into other statewide projects/activities. Recent participation in a highway transportation planning session provided the opportunity to focus on reduced physical mobility. By having "a seat at the table" for physical activity focused meetings, arthritis activities and strategies can be incorporated into discussions. The EBI Walk With Ease was a component of strategy 3 but moved to strategy 1; WWE has been integrated into ParkRx efforts throughout the state.
  - Oregon. Shared that Oregon does have a physical activity focused position in the state health department as well as policy work occurring, so it is helpful to hear that there is a connection being made between this work and arthritis in other states.
  - Minnesota. Shared that they too have a SPAN grant and have tried to make the connection between SPAN and arthritis. Currently, there are 11 organizations that are part of a partner grant where walking strategies are being promoted. Past work included the creating of a toolkit for partners to use to promote walking.
  - New York. Planning to use carry-over funds to support strategy 3 work by conducting a targeted media campaign (similar to the campaign done in 2019). WWE enrollment (walking) will be a component of the campaign effort.
  - New Hampshire. Past efforts included a marketing campaign focused on the positive effects of physical activity (side effect – happiness).
- WWE as a benefit for state employees discussion

- Lisa Erck provided an overview of an NACDD project to document success around integration WWE as a benefit for state employees.
- Asked participants to “raise their hand” if they had or will be working to integrate WWE as a benefit for state employees. Minnesota, Washington, Arkansas, New Hampshire, North Carolina, Montana, Oregon (2021), New York (2021) and Kansas (2021). Heather will follow up with arthritis funded states not on the call to see if others have or will be working on integrating WWE as a covered benefit for state employees.
- Discussion on the distribution of WWE books.
- Kansas shared that they will be using the OA Action Alliance WWE Portal 2.0 which will make the book distribution seamless. There will also be a link in the portal for participants to purchase books on their own with a discount code. Kansas will be collecting data on the process.
- Discussion on WWE being a reimbursable Title IIID program.

### III. Announcements

- Planning call for 2021 National Arthritis Grantee Meeting will be held on Tuesday, December 8<sup>th</sup> at 3pm ET/2pm CT/1pm MT/12pm PT; email [hmurphy\\_ic@chronicdisease.org](mailto:hmurphy_ic@chronicdisease.org) if you are interested in participating.
- Walk With Ease work group call Monday, December 21<sup>st</sup> at 11am ET/10am CT/9am MT/8am PT; Contact [hmurphy\\_ic@chronicdisease.org](mailto:hmurphy_ic@chronicdisease.org) for more information.
- The January Council call will be cancelled, but a Peer to Peer Sharing Webinar #5 for the state arthritis program community clinical linkages project will take place Wednesday, January 27; presentations from project leads in KS, MA, NC, and RI.
- HOLD the DATE – March 26, 2021 (3pm ET) NACDD General Member Webinar will focus on coupling EBIs with a focus on Walk With Ease

### IV. Adjourn

*The next Arthritis Council call will be held on Tuesday, February 2, 2021 at 2:00pm ET/1pm CT/12pm MT/11am PT.*