

## Arthritis Council

### Arthritis Council WWE Work Group Call

Monday, March 15, 2021, 11:00 a.m. ET / 10 a.m. CT / 9 a.m. MT / 8 a.m. PT

**WWE Work Group Participants:** Amy Michael, Co-Chair (MN), Scot Foster, Co-Chair (NH), Allison Harris (Oregon State), Amy Ellings (WA), Caitlin Gurney (NY), Celsa Bowman (UT), Colleen Pittard (NRPA), Heather Murphy (NACDD), Katie Potestio (NY), Lisa Erck (NACDD), Melissa Dale (MT), Nick Turkas (Arthritis Foundation), Serena Weisner (OAAA)

**Workgroup Charge:** Provide a platform for discussion among council members on:

- **WWE in the work site**, with a specific focus on state employee groups/employees, looking at ROI and data for WWE in the worksite
- **WWE as a support for other EBIs** (e.g. DPP); package WWE to help expand EBI efforts, possibly through the development of a process map or flow chart; tie in referral and counseling linking with Electronic Health Records.
- **Comorbidities of arthritis** and collaboration with other state programs (e.g. 1817, 1815); also how physical activity EBIs (like WWE) could be used to support these arthritis comorbidities.

#### I. Introductions/Welcome

#### II. State/Participant Sharing on WWE related successes or challenges in the current environment

- Melissa shared that the state of MT recently took away the WWE incentive for state employees; the state benefits office removed the healthy living program.
- Amy M. shared that MN has an incentive project that is step based; an individual signs up for WWE class and can apply the steps to the incentive project; Amy shared an [online health assessment](#) that is a program component.
  - MN has set aside some books for use with the OAAA portal; current focus is on two state organizations; leader training keys are available to organizations if there is a need
  - MN has a [WWE toolkit](#) that includes a marketing component
- Amy E. WA has a state wellness program, [SmartHealth](#), where you accrue points and can get up to \$125 dollars for participation. Points can be accrued every week for walking. Hoping to use the points to create a sustainable program.
- Scot shared that NH also has a [wellness program](#) where employees accrue points and can redeem for a gift card; Scot suggested working with the risk and benefits office, or another office within the state that oversees benefits.
- Katie NY shared that they just launched the WWE SD portal; NY is supporting a cohort of YMCAs to help test WWE in the near future; plans underway to reconnect with diabetes program colleagues to see if there is an opportunity to connect them to WWE programs.

- Heather NACDD shared that Tara in OR was interested in lessons learned or successes with coupling DPP and WWE as several DPP coaches have recently become trained as leaders in WWE
  - Amy M. MN shared that she will be presenting on WWE as an opportunity for DPP leaders at an upcoming meeting
  - Scot NH is working with the YMCAs on delivery of DPP so sees an opportunity for coupling WWE
  - Melissa MT is working with DPP coaches and has given them access to the WWE portal to capture participant data; required training is minimal for DPP coaches; a packet with information on WWE is shared with the coaches highlighting that WWE supports the DPP physical activity component, and that there is very little support and overhead needed for WWE SD
  - Heather NACDD shared information about conversations with DTTAC to collect evaluation data on coupling WWE and DPP; this would be a potential project for late 2021.
  - Serena OAAA shared that she can ask their communications person to develop some marketing templates showing the connection between WWE and DPP (Diabetes & OA)
- Amy E. WA shared that [Feet First](#) is working with WSU Extension and will be set up in 15 sites this Spring; partnership between WWE and SNAP-Ed; question on what are other states doing for evaluation with SNAP-Ed and WWE partnership, and how are WWE books being distributed.
  - Amy MN shared that she is working with the MN State Extension office to partner SNAP-Ed and WWE; Amy M will refer Amy E to her Extension office who recently finished a WWE pilot program.
  - Suggestion to feature a conversation about partnering with State Extensions and SNAP-Ed programs on a future call.
  - Nick shared a link to the SNAP-Ed program - <https://snapedtoolkit.org/interventions/programs/walk-with-ease/>
- Nick shared a link to the Bureau of Prisons information on WWE - [https://www.bop.gov/inmates/fsa/docs/fsa\\_program\\_guide\\_202010.pdf](https://www.bop.gov/inmates/fsa/docs/fsa_program_guide_202010.pdf)
- Discussion on a virtual “leader board” for WWE
  - Nick AF shared that Strava might be a good for connecting WWE participants; weekly communication could say something about how participants are completing walks, and share pictures to help with motivation (i.e., smile, smoothie celebration for walk completion, etc.)
  - Serena OAAA shared that she could put something like this on the wish list for the WWE portal; Serena also shared that Nadia NC has done a FB group for enhanced WWE and might have some wins with that process
  - Scot NH shared that they have a WWE New Hampshire FB group - <https://www.facebook.com/groups/483288275962826>.

### III. **WWE in the work site**

- Resources available on NACDD web site--
  - National Alliance for Healthcare Purchaser Coalitions 2020 Annual Forum: Innovations in Population Health. The full session recording and a pdf of the presentation **Walk With Ease – An Innovative Approach to Increasing Physical Activity in the Workforce** can be accessed [here](#) (*Note – Walk With Ease presentation begins at 20:10 and ends at 31:20*)
  - Greater Philadelphia Business Coalition on Health, November 19, 2020. A “Walk With Ease” Case Study [webinar recording](#).
  - HPC will be a presenter in March and then on April 28, NACDD will host the TA webinar where Neil Goldfarb will be presenting and sharing information.
  - Key is to find a partner who has access to a large number of employers to get your message out.

### IV. **WWE as a support for other EBIs**

- Amy M. MN shared that WWE has been accepted into the SAGE (WISEWOMAN) program for Minnesota
- Discussion on using WWE to support the Self-Monitoring Blood Pressure program
  - NY (through Y) and WV are looking to pilot WWE as a component of the SMBP program.

### V. **Other/Announcements**

- Next call - April 19, 2021, 11:00 a.m. ET / 10 a.m. CT / 9 a.m. MT / 8 a.m. PT