

Arthritis Council

Arthritis Council WWE Work Group Call Summary

Monday, August 16, 2021, 11:00 a.m. ET / 10 a.m. CT / 9 a.m. MT / 8 a.m. PT

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

- Katie Potestio (NY), Amy Michael (MN), Celsa Bowman (UT), Nick Turkas (Arthritis Foundation), Serena Weisner (OA Action Alliance), Heather Murphy (NACDD), Lisa Erck (NACDD), Colleen Pittard (NRPA), Mona Burwell (VA)

II. WWE related successes or challenges in the current environment

- State/participant sharing
 - Serena shared that she is working to get books integrated into the OAAA WWE Portal
 - Katie (NY) shared information on recent WWE efforts
 - NY is working on evaluation efforts for both group and self-directed and has included data from about 600 participants that enrolled as a result of recent media push and YMCA group classes
 - future evaluation efforts will include a question about provider counseling as well as referrals (whether or not your provider referred and where you were referred to), also hope to include social connectedness questions
 - NY EAP recently added WWE to their referral list this past month.
 - A recent media campaign targeted six counties based on burden of arthritis and targeted adults 40-64 with a household income of \$75K or less; contracted with OpAD Media (<https://www.opadmedia.com/>) and used the Nextdoor app and FB for messaging
 - Mona (VA) shared that she is working with the Dept of Conservation and Recreation to collect information on walking paths that meets WWE criteria
 - a master file with walkable areas that can be shared with healthcare providers will be created
 - considering the revision of ParkRx to assist with development
 - using RedCap to house information on where the safe walking paths are and will be conducting a healthcare provider education component to let them know about the walking paths
 - creating WWEasy Tips, weekly email as a way to get information out

- Amy (MN) shared that the [MN Let's Walk Toolkit](#) has been finalized
 - the toolkit is also on the Action on Arthritis site on the resource page; click on Minnesota and you will be able to access this - <https://actiononarthritis.chronicdisease.org/resources/>
 - three learning modules for CHWs were created and focus on arthritis (also on the Action on Arthritis website under MN) <https://minnesota.myabsorb.com/#/login>
 - Amy shared that there is a research article on NDPP and physical activity and retention with engagement in DPP ([Effects of physical activity goal attainment on engagement and outcomes. Authors: Natalie Ritchie, Jennifer Carroll, Jodi Summers Holtrop, Edward Havranek](#)) and that 1705 is looking at retention
 - Amy shared that they have been offering starter WWE kits to lifestyle coaches if they are teaching NDPP and interested in offering WWE
 - the starter kit is 10 books, WWE Toolkit and training for WWE (leader key)
 - Amy shared that through the 1815 project there are communities of practices for all MN lifestyle coaches to talk about anything related to DPP; Amy has been able to leverage these CoP venues to talk about WWE
 - The MN Extension is also doing NDPP and now WWE, so the coupling of programs is a good fit
- Celsa (UT) shared that she recently connected with Trina and Denise in Iowa to talk about WWE, WISEWOMAN and cancer survivorship
 - the Iowa WWE protocol for WISWOMAN was discussed
 - Lisa reminded everyone that Trina and Denise presented information during the March webinar – recording is listed here <https://actiononarthritis.chronicdisease.org/monthly-webinars/>

III. WWE in the worksite

- Nick Turkas shared information on Arthritis@Work, a new effort of the Arthritis Foundation

IV. Other/Announcements

- NACDD/DTTAC Evaluation Study Phase 1
 - Amy (MN) was key in getting this conversation started; Amy is a WWE leader as well as an NDPP Master Select Trainer
 - the study focus is on gathering initial information on coupling NDPP and WWE
 - key informant interviews are being conducted in 9 states with a mix of individuals (will have an implementer as well as the person at the state level that does the coordination)
 - DTTAC is leading the effort and will provide a 1-2 page summary report that will be shared and guide a phase 2 evaluation
- Next call - September 20, 2021, 11:00 a.m. ET / 10 a.m. CT / 9 a.m. MT / 8 a.m. PT