



Arthritis & Sustainability

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Kansas Arthritis Program

Division of Public Health – Bureau of Health Promotion, Community-Clinical Linkages Section

- Kansas Arthritis Program
- Diabetes and Cardiovascular Disease Prevention and Management Programs

Funded by a grant from the CDC Division of Population Health titled:

- DP18-1803 State Public Health Approaches to Addressing Arthritis

Kansas Arthritis Program

Strategy 1: Disseminate arthritis-appropriate evidence-based interventions (AAEBIs) and leverage other self-management interventions.

Strategy 2: Counsel and refer patients to increase physical activity, including participation in AAEBIs and walking.

Strategy 3: Promote walking.

Strategy 4: Raise awareness about arthritis burden and management.

1. Participants will be able to describe the basic details of the Chronic Disease Self-Management Program (CDSMP) and Walk With Ease (WWE).
2. Participants will be able to summarize options for sustaining the CDSMP and WWE programs beyond program implementation.

Public Health Impact of Arthritis

- Arthritis is one of the major public health challenges in Kansas.



1 in 4

Kansas adults has diagnosed arthritis.¹

That's more than

500,000 people.

- Arthritis affects quality of life including work, household chores and engaging in social and recreational activities.

1 in 2 Kansas adults with arthritis is **limited in their usual activities** due to arthritis symptoms.¹



35%

report arthritis **affects their work**¹



47%

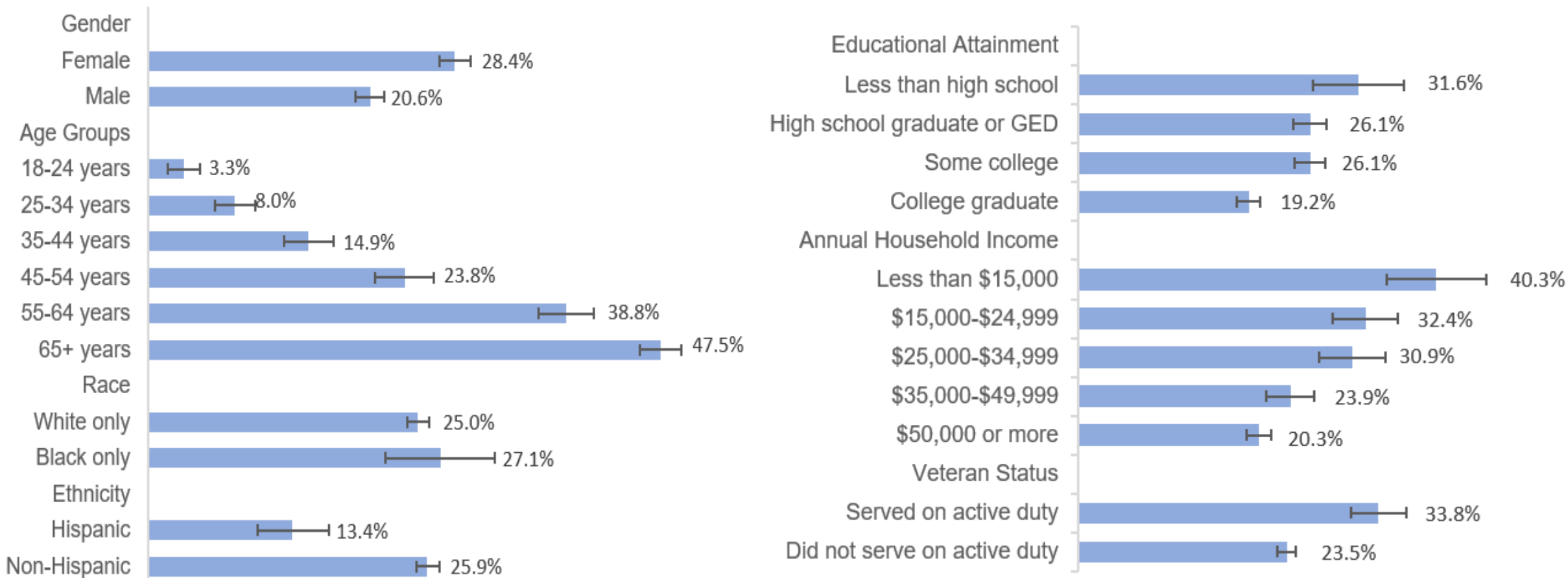
report arthritis **affects their social activities**¹

- In 2013, the total arthritis-attributable medical care costs and earnings losses among adults with arthritis in the U.S. were \$303.5 billion.²

Source: 1. 2017 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion 2. Arthritis Cost Statistics | CDC. Retrieved from https://www.cdc.gov/arthritis/data_statistics/cost.htm

Arthritis Burden in Kansas by Sociodemographic Factors

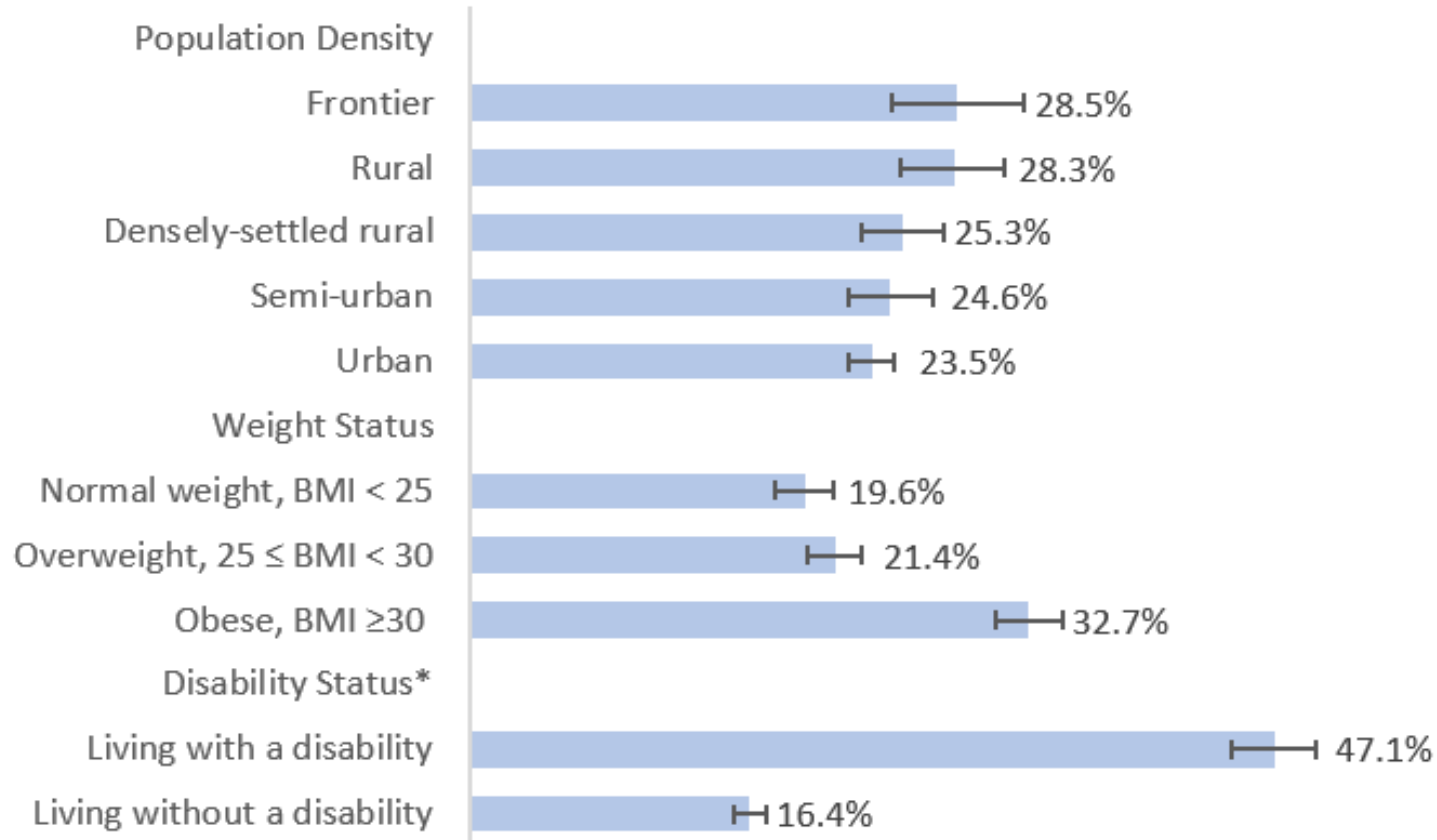
Percentage of Adults Ages 18 Years and Older with Diagnosed Arthritis, KS BRFSS 2020¹



Source: 1. 2020 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion.

Arthritis Burden in Kansas by Other Factors

Percentage of Adults Ages 18 Years and Older with Diagnosed Arthritis, KS BRFSS 2020¹

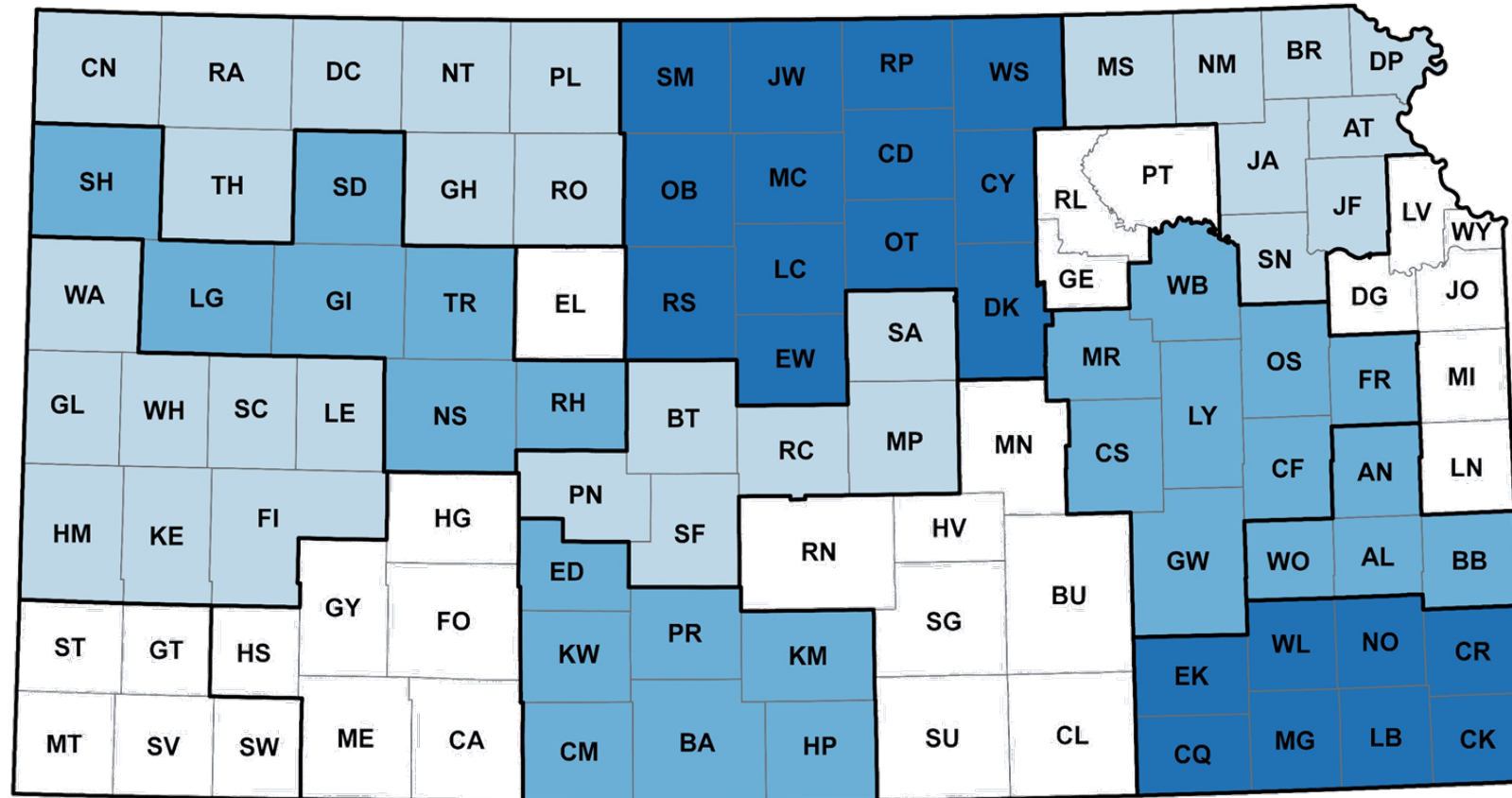


*Living with a disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

Source: 1. 2020 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion.

Arthritis Burden in Kansas by Other Factors

Percentage of Adults Ages 18 Years and Older with Diagnosed Arthritis, KS BRFSS 2017¹
By Public Health Preparedness Regions

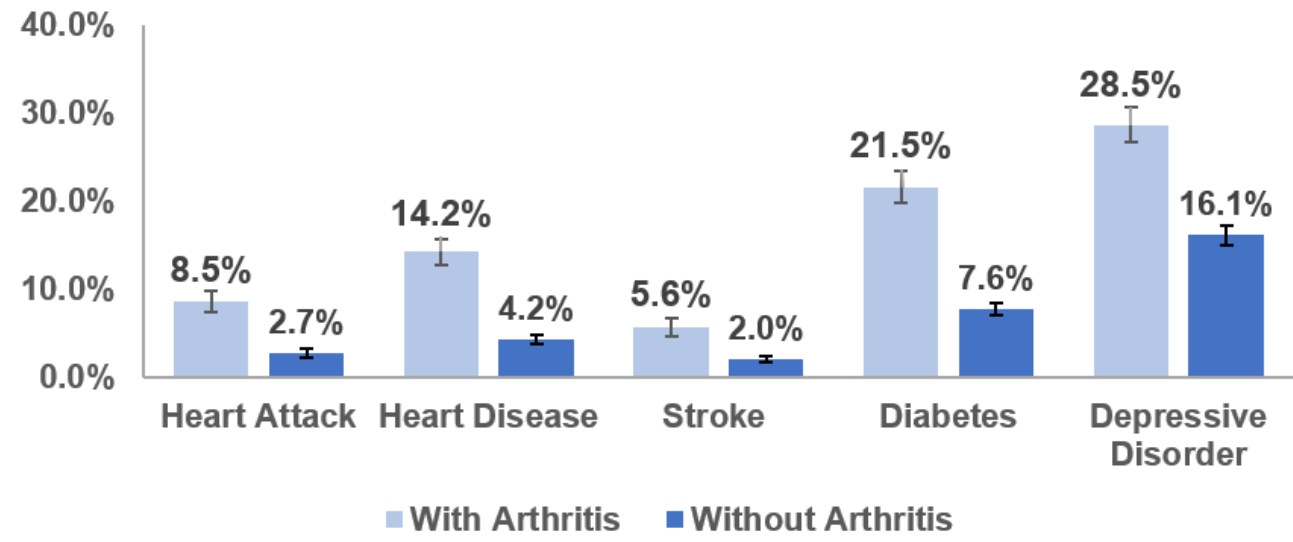


17.2 - 23.6
 23.7 - 26.4
 26.5 - 28.2
 28.3 - 31.1

Source: 1. 2017 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion.

Arthritis Impact on Health and Quality of Life

Prevalence of Adverse Health Conditions among Adult Kansans With and Without Arthritis, 2020*



Significantly higher proportion of Kansas adults with arthritis also experience other serious and chronic health conditions than those without arthritis.¹

64% of Kansas adults with arthritis have at least one other chronic health condition.^{1,*}

* Other chronic conditions = asthma, cancer, COPD, coronary heart disease, diabetes, heart attack, hypertension, kidney disease, stroke

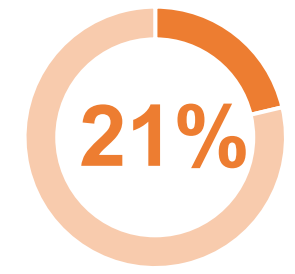
Source: 1. 2017 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion.

Arthritis Impact on Health and Quality of Life

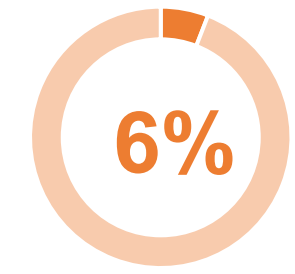
2020 KS BRFSS Quality of Life Indicators by Arthritis Status:

Percentage of Kansas adults whose **physical health** was **not good** on 14 or more days in the past 30 days

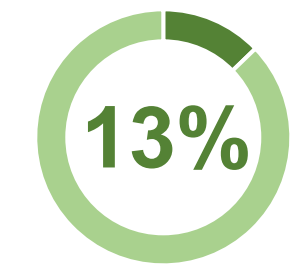
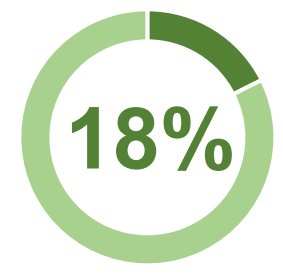
With arthritis



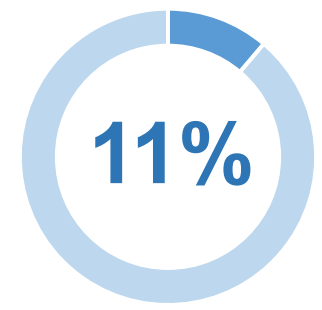
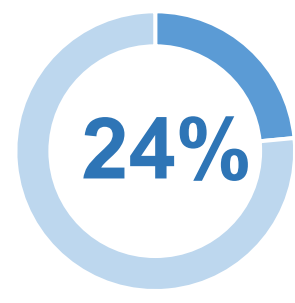
Without arthritis



Percentage of Kansas adults whose **mental health** was **not good** on 14 or more days in the past 30 days



Percentage of Kansas adults whose **poor physical** or **mental health** kept them from doing their usual activities, such as self-care, work, or recreation



Source: 1. 2020 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion.

- Arthritis-Appropriate Evidence-Based Interventions (AAEBIs) are programs that have been proven to improve the quality of life of people with arthritis.
- The CDC Arthritis Program provides a list of evidence-based programs for:
 - Self-Management Education
 - Physical Activity

Chronic Disease Self-Management Program

- The Chronic Disease Self-Management Program (CDSMP) is an evidence-based self-management program originally developed at Stanford University that was designed to help people with chronic conditions better manage their health.
 - Small group, interactive workshops (up to 16 participants)
 - 1 session per week for 6 weeks
 - 2.5 hour sessions
- Topics covered include:

Depression,
Frustration,
Fatigue, Pain

Exercise

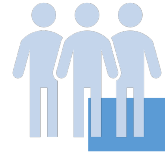
Appropriate
Use of
Medications

Healthy Eating
Habits

Communication

Walk With Ease

- Walk With Ease (WWE) is an evidence-based walking program developed by the Arthritis Foundation that was designed to encourage people with and without arthritis to get started walking and stay motivated to keep active.



Group Led:

- Small groups (up to 15 participants)
- 3 times per week for 6 weeks
- 45 minutes to an hour (can vary based on participants activity level)



Self-Directed

- 6 week program, asynchronous enrollment
- Walk 3 times per week
- Use Walk With Ease workbook



Self-Directed Enhanced:

- 6 week program, synchronous enrollment
- Program leader shares reminders and updates via email, social media, phone/video calls etc.

Arthritis Self-Management (1)

Promote the expansion and sustainability of the Chronic Disease Self-Management Program (CDSMP) and/or the Walk With Ease (WWE) program by establishing partnerships with local Area Agencies on Aging, local Parks and Recreation, or local fitness organizations like the YMCA to coordinate and offer programming, including planning for future acquisition of program material (i.e. books).

Required Performance Measures:

1. Number of organizations coordinating and implementing one or more CDSMP program consistently (i.e., one or more class offerings per year).
2. Number of organizations coordinating and implementing one or more WWE program consistently (i.e., one or more class offerings per year).
3. Types of organizations coordinating and implementing one or more CDSMP program consistently (i.e., one or more class offerings per year).
4. Types of organizations coordinating and implementing one or more WWE program consistently (i.e., one or more class offerings per year).
5. Number of organizations engaged in the implementation of CDSMP or WWE programming. (Number for CDSMP, Number for WWE)
6. Type of organizations engaged in the implementation of CDSMP or WWE.
7. Number of leaders trained for CDSMP and/or WWE. (Number for CDSMP, Number for WWE)
8. Class information including: Class start and end dates, type, location name and address, and number of participants.

*Similar to SFY22, class information (Performance Measure #8) will be reported to the Arthritis Program Manager quarterly via an excel spreadsheet

- Partner with existing organizations to offer AAEBI's
- Partner with worksites to offer AAEBI's as worksite wellness programs
- Counsel and Referral to AAEBI's
 - IRIS referral
- Couple with other chronic disease interventions
- Leverage funding opportunities
- Seek new funding opportunities

Existing Organizations

Partner with existing organizations to offer AAEBIs

- Local Area Agencies on Aging
- Local parks and recreation
- Local fitness organizations
- Local YMCAs,
- Local KSRE agents
 - WWE is an approved SNAP-Ed Intervention
 - WWE is part of the SNAP-Ed Strategies & Interventions Toolkit

Partner with worksites to offer AAEBI's as worksite wellness programs

- Worksite CDSMP
 - An adaptation of the 6-week CDSMP program
 - 1 hour segments for the workplace (ONLY used in the workplace; it cannot be used in any other setting)
- WWE in the worksite
 - In-person
 - Self-Directed
 - Self-Directed Enhanced

Engage providers to counsel and refer patients to be physically active.²

- With counseling, encourage providers to **include referral to a community-based physical activity program or self-management education workshop** based on the patient's readiness.

Providers can be doctors, nurses, pharmacists, physical therapists, etc.

Many resources are available to assist with counsel and referral.

- CDC
- [Exercise is Medicine Health Care Providers' Action Guide](#)
- Osteoarthritis Action Alliance
 - [Osteoarthritis Prevention & Management in Primary Care](#)
 - [Engaging Patients in OA Management Strategies](#)

Among adult Kansans with diagnosed arthritis¹:

- **57%** reported that their doctor or other health professionals suggested **physical activity or exercise** to help their arthritis or joint symptoms.
- **88%** have **never taken a class** to learn about managing arthritis symptoms.
- **36%** reported that their doctor or other health professionals suggested **losing weight** to help their arthritis or joint symptoms.

Couple AAEBIs with other interventions

- National Diabetes Prevention Programs (DPP)
- Self Measured Blood Pressure Monitoring (SMBP) Programs
- Walkability/safe streets projects
- Link with cancer or tobacco screenings

Leverage existing funding

- Title IID funding
- SNAP-Ed

Seek new funding opportunities

- Future KDHE opportunities
- Administration for Community Living (ACL)

Reach out to the Kansas Arthritis Program at KDHE!

- We can provide technical assistance and help you develop a plan for sustainability of your programs.

Contact information:

Lainey Faulkner

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Phone: 785-291-3583



1. 2017 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion.
2. Centers for Disease Control and Prevention. Treating and Managing Arthritis. CDC.gov. https://www.cdc.gov/arthritis/healthcare/treating_arthritis.html. Accessed on 1/10/2022.