



ARTHRITIS

SUCCESSSES AND OPPORTUNITIES FOR EXPANDING PROGRAM REACH AND IMPROVING QUALITY OF LIFE

2009

Success Stories

Florida: Strategies to Alleviate Health Disparities and Reach Diverse Populations

Modern medical knowledge and technology have greatly improved our nation's overall health. However, not all people have benefited equally. Some racial and ethnic groups continue to experience persistent and escalating health disparities. Individuals in these groups face many barriers to getting medical care and staying healthy.

Cuidate is Spanish for "take care of yourself." *Cuidate* is also a collaborative initiative designed to improve the health of Hispanics living in Florida by promoting good health practices and linking residents with community resources, such as self-management classes and low-cost clinics. It is funded by Florida Hospital's Community Health Impact Council. *Cuidate* is offered in collaboration with the Central Florida Partnership on Health Disparities, a broad network of organizations in central Florida that serve and represent ethnic and racial groups in Orange, Osceola, Seminole, and Brevard counties.

Many partners support the initiative by providing materials, training, and funding. For example, the Arthritis Prevention and Education Program and the Heart Disease and Stroke Prevention Program in the Florida Department of Health provide educational materials for self-management workshops and facilitator trainings. The Centers for Health Futures at Florida Hospital trains leaders from other organizations, and the Arthritis Prevention and Education Program provides financial assistance for master-level training.

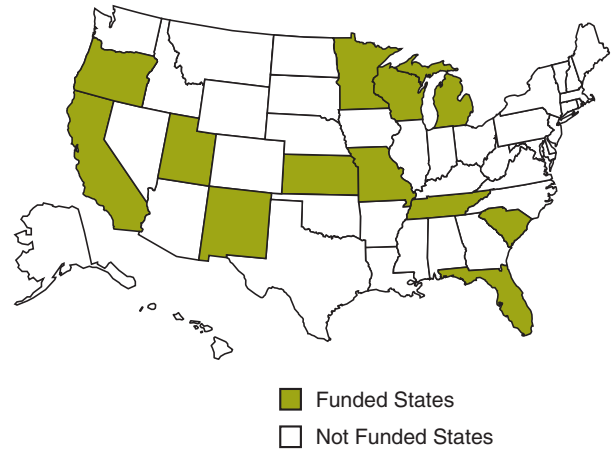
These collaborative efforts allow organizations to embed chronic disease self-management programs into health delivery systems throughout Florida, which helps the state build a sustainable infrastructure for future programs. The Heart of Apopka Project, for example, is working to reach at least 10,000 people with its self-management programs, which are in Spanish and English.

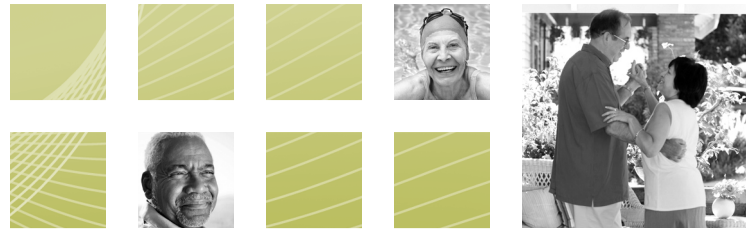
Michigan: Partners on the PATH to Integrate Chronic Disease Programs Statewide

In late 2005, Michigan Partners on the PATH (MI-PATH) began as a collaborative effort to implement evidence-based interventions to address chronic diseases, including arthritis. Partners include the Michigan Office of Services to the Aging, the Michigan State University Extension, and the Michigan Department of Community Health (MDCH).

PATH (Personal Action Toward Health) is Michigan's name for Stanford University's Chronic Disease Self-Management Program, an evidence-based intervention CDC recommends for people with arthritis. PATH teaches self-management skills to people with arthritis, as well as to those with other chronic diseases, such as asthma, heart disease, diabetes, and chronic lung diseases.

**CDC Funding for State Arthritis Programs
Fiscal Year 2008**





MI-PATH now has more than 40 partner organizations, including the Arthritis Foundation Michigan Chapter, the National Kidney Foundation of Michigan, the Healthy Asian Americans Project, Medical Network One, the Michigan State University College of Nursing, the Health Alliance Plan, Senior Neighbors, and Access Health.

Since its inception, the Michigan Arthritis Program has played a vital role in the development of MI-PATH infrastructure to support statewide implementation and dissemination of the PATH program. MI-PATH has since evolved into regional PATH groups throughout Michigan. The support, partnership, and integration of chronic disease programs within the MDCH Chronic Disease Program are critical because of the many state residents who have arthritis and other chronic diseases. In 2007, 58.9% of residents with arthritis also had diabetes, 65.4% also had cardiovascular disease, 53.9% also had high blood pressure, and 46.7% also had high cholesterol.

In addition, several programs in the MDCH Division of Chronic Disease and Injury Control have demonstrated their commitment to MI-PATH by sharing resources and integrating PATH into their initiatives and work plans. Examples include programs that target arthritis, asthma, diabetes, cardiovascular health, people with disabilities, and osteoporosis. As a result, the number of counties offering workshops or leadership trainings increased 144% from September 2007 to September 2008, with more than half of the state's 83 counties represented. In addition, the number of PATH workshops has doubled in the last year.

Wisconsin: Partnerships and Systems Change Open More Doors for People With Arthritis

More than one-half of adults aged 65 years or older in Wisconsin have arthritis. Many are also obese, physically inactive, and have additional chronic conditions. The Wisconsin Arthritis Program, with CDC funding and in collaboration with the Arthritis Foundation Wisconsin Chapter and the state's Aging Network, are using two evidence-based interventions to improve the health of state residents with arthritis. These interventions are the Arthritis Foundation Exercise Program and Living Well, a chronic disease self-management program.

State Programs in Action: Minnesota

The Minnesota Arthritis Program is partnering with the Elderberry Institute Living at Home Block Nurse Program, which delivers community services that help older adults remain at home as long as possible. This partnership allowed the arthritis program to significantly expand the reach of self-management education and exercise program across the state. For example, the number of new participants in the Arthritis Foundation Self-Help Program increased 229% in 2006. The number of new participants in the Arthritis Foundation Exercise Program increased 125%. These programs are now available in 50 of the state's 87 counties.

In 2009, Minnesota is expanding its efforts to include the Chronic Disease Self-Management Program, which will be called the Living Well With Chronic Conditions Program.

To ensure that these programs are reaching as many people as possible, Wisconsin officials created a statewide community resource map to identify interventions at the county level. This resource was used to identify gaps in services and ways for programs to collaborate and expand their services locally through promotion, referral, and cross-training.

At present, 20 instructors from nine facilities in Central Wisconsin have been cross-trained, and most are teaching both the Arthritis Foundation Exercise Program and Living Well. A recent workshop for public health and aging services professionals was designed to increase awareness and dialogue about how these programs can be used to effectively reach people with chronic conditions. Within 6 months of the cross-training, the number of people with arthritis who participated in the Arthritis Foundation Exercise Program more than doubled. These efforts have improved the availability and accessibility of evidence-based programs and expanded community infrastructure and capacity to address the barriers and needs of state residents with arthritis and other chronic conditions.