Reaching People with Arthritis: Strategies and Tools

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- **Nick Turkas**, Arthritis Foundation
- **Nichole Shepard**, Utah Department of Health

March 28, 2017
Reaching People with Arthritis: Strategies and Tools

A Webinar for the NCOA CDSME Resource Center
March 28, 2017 @ 3-4:30 PM ET
Webinar Contents

- Making the case for reaching people with Arthritis
- Osteoarthritis
- Recommended Programs
  - ACL
  - CDC
- Program implementation tools, resources, and mini-grant initiative
- Utah’s Story: Success strategies for reaching people with arthritis
Making the Case for Serving People with Arthritis

CDC Arthritis Quick Facts:
https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm
What is Arthritis?

• The word “arthritis” actually means “joint inflammation”

• It applies to more than 100 different conditions of unknown or varied causes including:
  • Osteoarthritis
  • Rheumatoid arthritis
  • Fibromyalgia
  • Gout
  • Ankylosing spondylitis
  • Juvenile arthritis
  • Systemic lupus erythematosus (also known as Lupus or SLE)

Source: http://moarthritis.typepad.com/learn_about_arthritis/
10 Common Chronic Conditions for Adults 65+

Quick Facts

- 80% have at least 1 chronic condition
- 68% have 2 or more chronic conditions

Conditions:

- Hypertension (High Blood Pressure): 58%
- High Cholesterol: 47%
- Arthritis: 31%
- Ischemic Heart Disease (or Coronary Heart Disease): 29%
- Diabetes: 27%
- Chronic Kidney Disease: 18%
- Heart Failure: 14%
- Depression: 14%
- Alzheimer’s Disease and Dementia: 11%
- Chronic Obstructive Pulmonary Disease: 11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015
Arthritis is Common

• About 1 in 4 (54 million) adults have arthritis.

• More than half of adults with arthritis (32 million) are of working aging (18-64 years).

• Nearly 60% of adults with arthritis are women.

Age-Adjusted Prevalence of Arthritis Among Women and Men, 2015

Source: 2015 BRFSS; CDC unpublished data.
Arthritis is Disabling

• The percentage of adults limited by arthritis has increase by about 20% since 2002.

• More than 1 in 4 adults with arthritis report severe joint pain.

• Adults with arthritis are more than twice as likely to report an injury related to a fall.

• Working-age adults with arthritis have lower employment that those w/o arthritis.

Arthritis Limits Daily Activities

• Everyday activities (e.g. holding a cup, lifting a grocery bag) of 24 million adults are limited by arthritis.

• 1/3 of adults over age 45 w/ arthritis report anxiety or depression.

• About 3 in 10 find stooping, bending, or kneeling very difficult.

• More than 20% of adults with arthritis find it very difficult or cannot walk 3 blocks.

Age-Adjusted Prevalence of Arthritis-Attributable Activity Limitations Among Adults with Arthritis, 2015

Source: 2015 BRFSS; CDC unpublished data.
Age of Population = Rates of Arthritis

ARTHRITIS will INCREASE as the population grows and ages
Diagnosed and future projections*

Prevalence of Arthritis by Race & Ethnicity (2010-2012)

Arthritis affects all race and ethnic groups

- 36 million Whites
- 4.6 million African Americans
- 2.9 million Hispanics
- 280,000 American Indians/Alaska Natives
- 667,000 Asian/Pacific Islanders
- 469,000 multiracial/others

Source: https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm
Arthritis Complicates Management of Other Chronic Conditions

• About 1/2 of adults with heart disease (49%) or diabetes (47%) have arthritis, as do 1/3 (31%) of those who are obese.

• About 1/2 the adults with arthritis who also have heart disease, diabetes or obesity, have some limitation of their normal activities because of arthritis.

• ↑ pain, fear of pain, and lack of knowledge of safe forms of physical activity can make it harder for people with arthritis to be physically active.

Four of the most common co-morbidities among people with arthritis

- Heart Disease: 24% (11.2 million)
- Chronic Respiratory Conditions: 19% (9.0 million)
- Diabetes: 16% (7.3 million)
- Stroke: 6.9% (3.2 million)

National medical costs attributable to AORC grew by 24% between 1997 and 2003. This rise in medical costs resulted from an increase in the number of people with AORC.

In 2003, the total costs attributable to arthritis and other rheumatic conditions (AORC) in the U.S. = $128 billion.

- This equaled 1.2% of the 2003 U.S. gross domestic product.
- $80.8 billion were direct costs (i.e., medical expenditures).
- $47.0 billion were indirect costs (i.e., lost earnings).
Costs Increase with Co-morbidity

www.cdc.gov/arthritis/data_statistics/cost.htm
Focusing in on Osteoarthritis
The Five Most Common and Serious Types of Arthritis

- Osteoarthritis: 27 million
- Fibromyalgia: 5 million
- Gout: 3 million
- Rheumatoid arthritis: 1.5 million
- Lupus: about 320,000

To learn more about managing arthritis, please visit www.cdc.gov/arthritis.
What is Osteoarthritis?

• The most common kind of arthritis

• It is also called “degenerative arthritis” – because the disease involves tissues in and around your joints breaking down, causing pain, tenderness, stiffness, locking, and inflammation

Source: http://moarthritis.typepad.com/learn_about_arthritis/
Impact of Osteoarthritis

• One of top 5 most common causes of disability in the US

↑ doctor’s visits  
↑ emergency room visits  
↑ hospitalizations

Mostly due to knee and hip joint replacement surgery

• 2008-2011, total medical expenditures for OA averaged $340 billion annually in the US

Sources: https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm; Helmick CG, CDC team. Table 10.13: Mean and Aggregate Total and Incremental Direct (for persons 18 and over) and Indirect Costs for Select Musculoskeletal Diseases, 2008-2011
Osteoarthritis Treatment

There is no cure, but people can manage symptoms with:

• Medications
• Surgery
• Non-drug treatments, including...
  – Physical or occupational therapy
  – Splints or joint assistive aids
  – Patient education and support
  – Weight loss

• Arthritis-Associated Evidence-Based Interventions (AAEBIs) for self-management and physical activity

Source: http://www.cdc.gov/arthritis/basics/management.htm
Arthritis Foundation: Being more active is one of the *keys to living well with osteoarthritis*.

- Too little movement:
  - Stiffness
  - Weak joints

- Increasing activity:
  - Improves function
  - Improves strength
  - Improves endurance

- Strong muscles:
  - Protect joints
  - Reduce the risk of falls
4 Interventions Recommended in the National Public Health Agenda for Osteoarthritis 2010

5 Overarching Goals for OAAA

- Policymakers
- Communities
- Health systems and health care professionals
- Individuals with OA, their family, friends and caregivers
- OA Prevention
Recommended Programs
Importance of Community Programming for Adults with Arthritis

• Physical activity can ↓ pain and improve physical function by about 40% and may reduce healthcare costs.
  – **BUT** 1 in 3 adults with arthritis are inactive.

• Adults with arthritis also can reduce their symptoms by participating in disease management education programs.
  – **BUT** only 1 in 10 have taken part in these programs.

# ACL Recommended Programs  
*(Related to Arthritis Management)*

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<thead>
<tr>
<th>Physical Activity</th>
<th>Self-Management</th>
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</thead>
<tbody>
<tr>
<td>• Active Choices</td>
<td>• Arthritis Self-Management Program (ASMP)</td>
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<tr>
<td>• Active Living Every Day (ALED)</td>
<td>• Programa de Manejo Personal de la Arthritis</td>
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<tr>
<td>• Arthritis Foundation Aquatics Program</td>
<td>• Chronic Disease Self-Management Program (CDSMP)</td>
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<tr>
<td>• Arthritis Foundation Exercise Program</td>
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<tr>
<td>• EnhanceFitness</td>
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<td>• Fit &amp; Strong!</td>
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<tr>
<td>• Healthy Moves for Aging Well</td>
<td>• Better Choices Better Health (internet-delivered CDSMP)</td>
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<tr>
<td>• Tai Chi for Arthritis</td>
<td>• Better Choices Better Health – Arthritis (internet-delivered ASMP)</td>
</tr>
<tr>
<td>• Walk With Ease</td>
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</tbody>
</table>
### Physical Activity

- Active Living Every Day (ALED)
- Enhance Fitness
- Fit & Strong!
- Walk With Ease

### Self-Management

- Arthritis Self-Management Program (ASMP)
- Programa de Manejo Personal de la Arthritis
- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud
### Recommended Programs ON BOTH LISTS
*(Related to Arthritis Management)*

**Physical Activity**
- Active Living Every Day (ALED)
- Enhance Fitness
- Fit & Strong!
- Walk With Ease

**Self-Management**
- Arthritis Self-Management Program (ASMP)
- Programa de Manejo Personal de la Arthritis
- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud

**NOTE:** All CDC Programs are on the ACL List, but not vice versa
Self-Management Programs

Chronic Disease Self-Management Program (CDSMP)
Arthritis Self-Management Program (ASMP)
Chronic Disease Self-Management Program (CDSMP)

- Workshops meet 2 ½ hours per week for 6 weeks
- 2 trained leaders (1+ with health conditions)
- Provides tools to help manage symptoms related to chronic conditions

**Topics include:**
- techniques to deal with chronic disease
- appropriate exercise
- managing medications
- communicating effectively with family, friends, and health professionals
- nutrition
- evaluating new treatments

**Significant improvements in:**
- exercise
- ability to do social and household activities
- less depression, fear and frustration or worry about their health
- reduction in symptoms like pain
- increased confidence in their ability to manage their condition
CDSMP & ASMP

• CDSMP, Cont’d
  – Spanish language version of CDSMP: *Tomando Control de su Salud*
  – Online version: Better Choices, Better Health

• Arthritis Self-Management Program (ASMP)
  – Subjects include similar to CDSMP but focused on arthritis
  – Spanish Language Version: *Programa de Manejo Personal de la Arthritis*
  – Online Version: Better Choices, Better Health: Arthritis
Physical Activity Programs

Active Living Every Day (ALED)
Enhance Fitness
Fit & Strong!
Walk with Ease (Instructor-led)
Active Living Every Day (ALED)

• Group-based program for up to 20 people
• Helps sedentary people become and stay physically active
• 1 hr/week for 12-20 weeks
• Includes education and discussion to learn skills to become more physically active
• Discuss variety of physical activities; individuals decide the type and amount of exercise they want to do
• Physical activity done outside group setting
• Trained and certified instructors
• Participant book used in conjunction with the course.
• http://www.activeliving.info/
EnhanceFitness

- Group exercise program for < 25 people
- Helps adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.
- Proven to increase strength, boost activity levels, and elevate mood.
- 3x/week for 1 hour
  - 5-minute warm-up
  - 20-minute aerobics workout
  - 5-minute cool-down
  - 20-minute strength training workout with soft ankle and wrist weights
  - 10-minute stretching workout
  - Balance exercises throughout the class
- Certified instructors
- www.projectenhance.org/EnhanceFitness.aspx
Fit & Strong!

- Group physical activity and behavior change intervention
- Designed to target sedentary older adults who are experiencing lower-extremity joint pain and stiffness
- 90 minutes/class; 3 times per week; 8 weeks
- Includes exercises for:
  - Stretching
  - Balance
  - Aerobic conditioning
  - Endurance
- Includes health education, problem solving and goal setting
- Certified exercise instructor
- www.fitandstrong.org
Walk With Ease

- Walking program
- 2 formats: Group/Instructor-led OR self-directed
- 1 hour; 3x/week; 6 weeks
- Includes:
  - Pre-walk discussion covering a specified topic related to exercise and arthritis
  - 10- to 40-minute walk (includes warm-up and cool-down)
- Trained group exercise leaders
- www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/
WALK WITH EASE
TOOLS AND RESOURCES
Online Leader Training

Arthritis Foundation Walk With Ease

Walk With Ease is an evidence-based program that has been proven to help people with arthritis or other related conditions reduce pain, increase balance, strength and walking pace, and improve overall health. As a Walk With Ease Program Leader, you’ll help arthritis pain suffers build confidence in their ability to be physically active, and show them how they can make physical activity part of their everyday lives. You’ll learn the relationship between arthritis, exercise and pain, develop and implement a personal walking plans with realistic goals, and get tips, strategies and resources for maintaining a long-term exercise routine. Participants receive an Arthritis Foundation certification, a leader’s manual filled with exercise illustrations, health education information, and a 6-week walking plan.

$89  4 CEUs
The Walk With Ease Workbook is available for purchase online (in English and Spanish)

CAMINE CON GUSTO (WALK WITH EASE SPANISH)

The updated third edition of the popular walking guidebook includes new customized walk-for-fitness routine, stretching exercises and heart-rate monitoring techniques. Based on the Arthritis Foundation program, this book is useful for anyone with arthritis to improve their general fitness.

Camine para mejorar su salud, nuestra guía más exitosa, ahora está disponible en español.

WALK WITH EASE (4th EDITION)

The updated 4th edition of the popular walking guidebook includes customized walk-for-fitness routine, stretching exercises and heart-rate monitoring techniques. Based on the Arthritis Foundation program, this book is useful for anyone with arthritis to improve their general fitness.
Online Walk With Ease Tools Available Tools

Experience Walk With Ease
Developed by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina, the Walk With Ease program can be experienced on your own or with a group. The online tools you’ll find here are resources that accompany the program and are not meant to be completed alone. To complete the program on your own, purchase the popular Walk With Ease guidebook or to participate in a group, locate a Walk With Ease program in your local community.
Walk With Ease App

- User friendly
- Track your progress
- Make contract and set goals
- Links to Fitbit

Available for iPhone, iPad and Android

ARThritis FOUNDATION®
Program Online Motivational Tools

Get Baseline

Set Goals

Measure Progress

Compare Results
Other Information on the Walk With Ease Website

Walk With Ease

About the Program
Learn about the Walk With Ease Program that is proven to reduce the pain of arthritis and improve your overall health.

Overview
Experience Walk With Ease, improve your health and learn what’s in the tool.
Person to Person Support

- Toll-free: 1-844-571-HELP
- Offers personalized support
- Two part-time licensed clinical social workers answering calls
Better Living Toolkit

Health Tracker

2. PAIN LEVEL
How much pain have you had because of your condition OVER THE PAST WEEK?

Please indicate below how severe your pain has been.

0 = No pain 10 = Pain as bad as it could be

3. OVERALL FEELING OF WELL-BEING
Considering all the ways in which illness and health conditions may affect you at this time, please indicate below how you are doing.

Please indicate below how you are doing overall.

0 = Very Well 10 = Very Poorly
Physical activity
Resources in the Community
Community Connections
Additional Resources for Program Outreach, Implementation & Sustainability
OAAA
WWE Expansion Mini-Grants

**Intent** | Extend WWE by reaching a *minimum* of 25 states (over 5 years) that will embed the delivery of the programs and develop models for sustainability and ongoing funding.

**Timeframe** | Mini-grants will be awarded each year for the 5 years.

**Eligibility** | Well-established evidence-based health promotion program providers, such as the current and former ACL evidence-based health promotion program initiative grantees.

**Next Round** | Anticipated call for applications *Summer of 2017.*
March 2017 WWE Expansion Mini-Grant Awardees (★ = Grantee)

- Ardent Solutions, INC (NY)
- First Tennessee Area on Aging and Disability (TN)
- Health Promotion Council (PA)
- Oregon State University (OR)
- MAC-Living Well Center of Excellence (MD)
- Salt Lake County Aging and Adult Services (UT)
- Somerset County Office on Aging and Disability Services (NJ)
- South Shore YMCA (MA)
- Wise and Healthy Aging (CA)
- Wisconsin Institute for Healthy Aging (WI)
Osteoarthritis Action Alliance (OAAA)
http://oaaction.unc.edu/resource-library/for-community-partners/

MAKING THE CASE FOR ARTHRITIS PROGRAMS

- Arthritis Foundation’s Arthritis Facts
- CDC’s Arthritis Program Data & Statistics
- CDC Vital Signs: Arthritis in America (Spanish)
- CDC Vital Sign Fact Sheet
- CDC Arthritis Press Room
- National Physical Activity Plan – The 2016 Plan is a comprehensive set of policies, programs, and initiatives designed to increase physical activity in all segments of the U.S. population.
- Physical Activity Guidelines for Americans—Providing science-based guidance to help Americans ages 6 and older maintain or improve their health through regular physical activity

EVIDENCE-BASED COMMUNITY PROGRAMS

- CDC’s recommended Arthritis-Appropriate Evidence-Based Programs
- CDC Intervention Screening Criteria
- American Physical Therapy Association: Community-Based Physical Activity Programs for Arthritis
- APTA’s Arthritis Management Through Community-Based Programs
- Hospital for Special Surgery: Outreach Programs
- Walk With Ease
- Fit & Strong!
- EnhanceFitness
- Chronic Disease Self-Management Program
- Tomando Control de su Salud (Spanish CDSMP)
- Better Choices, Better Health (Online CDSMP)
- The Arthritis Toolkit

IMPLEMENTING PROGRAMS

- OAAA Walk with Ease “Class Zero” Slides & Script
- OAAA Walk with Ease “Class Zero” Video *coming soon*
- WWE Fidelity Checklist
- Community Research Center for Senior Health, Implementing Evidence-Based Programs with Fidelity
- NCOA’s Center for Healthy Aging, Offering Evidence-Based Programs

MARKETING PROGRAMS

- Walk With Ease issue brief for Community Partners
- Walk With Ease issue brief for Clinical Providers
- CDC Marketing and Support for Arthritis Interventions
- APTA Walk With Ease Fact Sheet for providers
- APTA Walk With Ease Fact Sheet for patients
- Weight Loss Messages in Knee OA: Attention-grabbing, Credible, Non-motivating, T. Brady, SAFER-HEALTHIER-PEOPLE™ powerpoint presentation.
NCOA Best Practices Toolkit

• Fosters expansion and sustainability of evidence-based health promotion programs through a centralized location for sharing resources.

• Compilation of resources collected from ACL/AoA Chronic Disease Self-Management Education Program (CDSME) grantees, former grantees, and other organizations implementing CDSME programs

• Covers:
  ✓ Leadership & Management
  ✓ Strategic Partnerships
  ✓ Delivery Infrastructure & Capacity
  ✓ Centralized & Coordinated Logistical Processes
  ✓ QA
  ✓ Business Planning & Sustainability
Utah Arthritis Program

Nichole Shepard, MPH
Evidence Based Interventions

- Living Well with Chronic Conditions (CDSMP)
- Tomando Control de su Salud
- Living Well with Diabetes (DSMP)
- EnhanceFitness (EF)
- Walk With Ease (WWE)
- Arthritis Foundation Exercise Program (AFEP)
- Living Well with Chronic Pain (CPSMP)
- Stepping On
- National Diabetes Prevention Program (NDPP)
How Do We Get People Into Class?
How We Recruit & Retain...

- Flyers
- Posters
- Emails
- Reminder Calls
- Newsletters
- Press Releases
- Interviews (Radio & TV)
- Prescription Pads
- Cross Promotion
- Qualified Instructors
- Bus/Bus Shelter Ads
- Newspaper Stickers
- Clinic Referrals
- Special Interests Project
- BRFSS & Data Elements
- Health Plan Referrals
- Components of the CDC 1, 2, 3 Approach
- Livingwell.Utah.gov
- Health Resource Line
Exercise as a Tool to Treat Severe Joint Pain: CDC recommends exercise, not opioids, as way to reduce pain

(Salt Lake City, UT) – What if there was a safe way to reduce joint pain without the dangerous side effects of opioids? A report from the U.S. Centers for Disease Control and Prevention (CDC) shows there is insufficient evidence for and serious risks associated with long-term use of opioids for treating arthritis. Instead, experts recommend low-impact physical activity such as walking, biking, or swimming to help alleviate joint pain.

Nationally, 27.2% of adults with doctor-diagnosed arthritis report severe joint pain, a condition that can limit a person’s ability to perform basic tasks. Severe joint pain was higher among those with diabetes, obesity, heart disease, fair or poor health, and serious psychological distress.

“Given the burden of severe joint pain, and that in 2015 roughly one in five Utahns reported they had arthritis, we recommend two hours and thirty minutes of moderate physical activity each week to help reduce pain, fatigue, and stiffness,” said Nichole Shepard, manager of the Utah Department of Health (UDOH) Arthritis Program. “Medications can
Prescription Pad

Salt Lake County Senior Center Locations:

Columbus: 2531 S. 400 E, SLC
Draper: 1148 E. Pioneer Rd, Draper
Friendly Neighborhood: 1992 S. 200 E, SLC
Harmen: 4090 S. 3600 W, WVC
Eddie P. Mayne Kearns: 4851 W. 4715 S, Kearns
Liberty: 251 E. 700 E, SLC
Magna-Kennecott: 9228 W. 2700 S, Magna
Midvale: 7550 S. Main St, Midvale
Millcreek: 2268 E. Evergreen Ave, Millcreek
Mount Olympus: 1635 E. Murray-Holladay Rd, Holladay

Murray-Heritage: 10 E. 6150 S, Murray
River’s Bend: 1300 W. 300 N, SLC
Riverton: 12914 S. Redwood Rd, Riverton
Sandy: 9310 S. 1300 E, Sandy
South Jordan: 10778 S. Redwood Rd, South Jordan
Sunday Anderson Westside: 868 W. 900 S, SLC
Taylorsville: 4748 S. Plymouth View Dr, Taylorsville
Tenth East: 237 S 1000 E, SLC
West Jordan: 8025 S. 2200 W, West Jordan

If outside of Salt Lake County, please contact your local Area Agency on Aging

For more info call (385)468-3080
Register at: LivingWell.Utah.gov
One Page Description of Classes

Evidence-Based Health Promotion Community Programs

Stepping On
- Fall prevention seven week workshop.
- Classes meet once a week for two hours.
- Class targeted for independent, cognitively intact, older individuals who are at risk of falling, have a fear of falling or who have fallen one or more times in a year.
- Helps build older adults' confidence in their ability to reduce falls.
- Research has shown that class can reduce falls up to 31 percent.
- Guest professionals visit the class each week to address different aspects of fall prevention:
  - Physical therapist teaches strength and balance home-exercises
  - Vision expert talks about eye conditions that may contribute to falls
  - Pharmacist addresses the risk of medication interactions
  - Home safety expert gives tips about keeping the home safe

EnhanceFitness
- Senior specific exercise program that combines key components of fitness including strength training, flexibility, cardiovascular conditioning and balance. Geared toward participants at different fitness levels.
- Classes meet three times a week for one hour.
- Class is ongoing.
- Teachers are nationally certified.
- Results of a 2015 report of a retrospective study of EnhanceFitness: “The results of this analysis provide evidence that participation in EnhanceFitness is associated with a reduced

Living Well with Chronic Conditions
Living Well with Diabetes
- Self-Management six week workshops developed by Stanford University.
- Classes meet once a week for two and a half hours.
- Subjects covered:
  - Techniques for frustration, fatigue, pain and isolation
  - Appropriate exercise to maintain and improve strength
  - Appropriate use of medications and proper nutrition
  - Communicating effectively with family, friends and health professionals
  - How to evaluate new treatments
  - Meal planning and blood glucose monitoring
- Classes available in Spanish
- Stanford University Patient Education Research Center [www.patienteducation.

CDC National Diabetes Prevention Program
- Year-long program to help people with pre-diabetes to make lifestyle changes to
- Sessions are held weekly for six months and then monthly for six months.
- Benefits from the class include:
  - Risk of developing type 2 diabetes can be cut by 58%
  - Reduction of body weight by 5-7%
  - Stress management tools
  - Nutrition tips
  - Tips on how to take charge of your health
  - Tools to help you increase your physical activity
- [http://www.cdc.gov/diabetes/prevention/]

The Aging Mastery Program
How We Recruit & Retain...

- Flyers
- Posters
- Emails
- Reminder Calls
- Newsletters
- Press Releases
- Interviews (Radio & TV)
- Prescription Pads
- Cross Promotion
- Qualified Instructors

- Bus/Bus Shelter Ads
- Newspaper Stickers
- Clinic Referrals
- Special Interests Project
- BRFSS & Data Elements
- Health Plan Referrals
- Components of the CDC 1, 2, 3 Approach
- Livingwell.Utah.gov
- Health Resource Line
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- Health Resource Line
Bus/Bus Shelter Ads
News Paper Sticker

STEPPING ON WORKSHOP...

proven to help seniors prevent falls and stay independent.
CALL 1-888-222-2542 to learn more.

DON'T LET A FALL KEEP YOU DOWN.
One out of every three senior adults falls each year, often suffering big consequences. But it doesn't have to be that way. Sign up for Stepping On, a workshop that has shown to reduce and prevent falls for seniors. Stay active and keep your independence.
CLASSES ARE FREE.

CALL 1-888-222-2542 to find a Stepping On workshop near you.
Workshop Search

Search here to find and enroll in evidence-based health and wellness workshops being offered. You can filter by workshop type and zip code to find a workshop near you.

Search:

- Please Select a Program:
- Your Zip Code:
- Distance from Zip code:

Search Programs

Found 16 workshops

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<thead>
<tr>
<th>Program</th>
<th>Language</th>
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<th>Time</th>
<th>Location</th>
<th>Cost</th>
<th>Register</th>
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<tbody>
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<td>English</td>
<td>Tuesday - Jan 3, 2017</td>
<td>9:00 AM</td>
<td>Midvale Senior Center</td>
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<td>Register</td>
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<td>EnhanceFitness</td>
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<td>Sandy Senior Center</td>
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Asthma Resources

Asthma is a chronic lung disease that makes it hard to breathe. Over 8% of children and 8% of adults in Utah have asthma.

- Asthma Home Visiting
- Chronic Disease Self Management
- Other Resources
Questions?

Contact Information

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Next Webinar

Register

A Two Venue Approach to Self-Management: Complementing In-Person Workshops with the Online Better Choices, Better Health®
April 4, 2017 @ 3-4 p.m. ET

Join Neal Kaufman and Katy Plant from Canary Health to learn more about Better Choices, Better Health®, with a focus on the program’s appeal to potential health care partners. Strategies for increasing the program’s reach and sustainability will be highlighted.