Arthritis Toolkit
evidence-based public health programs
University of Missouri – Columbia
MO Department of Health & Senior Services
www.moarthritis.org

Boomers will be living longer:
% people age 65 who will live to age 90

Source of data: US Census Bureau

Projected Arthritis in Millions to 2030

Source: CDC unpublished data
Chronic diseases account for 75% of the $1.4 trillion we spend on health care.

- **1980**: $245 billion, an average of $1,086 per person
- **2001**: $1.4 trillion, an average of $5,039 per person
- **2011**: $2.8 trillion, an average of $9,216 per person

Sources: www.npg.org/files/ppt/0412academyMensah.ppt#21
Heffler et al., Health Affairs, March/April 2002.
Public Health and Aging

What makes a difference?
- Appropriate self management behaviors
  - Physical activity
  - Maintaining healthy weight
- Self management education programs
- Early diagnosis and treatment

The Public Health Approach:
- Promote activities to both measure and respond to health problems or risk factors in a population group
- Implement strategies to improve the health and quality of life for broad segments of the population
- It is NOT the treatment of the individual person
- Look for system changes to influence quality

Obesity Trends* Among U.S. Adults
(*BMI ≥30, or about 30 lbs. overweight for 5'4" person)

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<th>Year</th>
<th>&lt;10%</th>
<th>10%–14%</th>
<th>15%–19%</th>
<th>20%–24%</th>
<th>25%–29%</th>
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<td>&lt;10%</td>
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Arthritis Program
Evidence-Based Programs
- Chronic Disease Self Management Program
- Arthritis Foundation Self Help Program
- Arthritis Foundation Exercise Program
- EnhanceFitness
- Arthritis Toolkit (in-home)
- Walk With Ease (pilot)

Regional Arthritis Centers
Designated Service Areas
Chronic Disease Self Management Program
(CDSMP or Live Like Your Life Depends On It)
- Effective self-management program for persons with chronic health problems;
- Teaches skills useful for managing a variety of chronic conditions;
- 2.5 hour sessions for 6 weeks;
- Workshops facilitated by two trained leaders;
- Stanford University developed.

AF Self Help Program
- Self management group education for persons with arthritis and/or effected family members;
- Learn self management techniques and confidence to carry them out;
- 6 weeks; 2 hours per week offered by 2 trained leaders;
- Decrease in pain and physician visits
**AF Exercise Program**
- Community-based recreational exercise program;
- Range-of-motion; endurance-building activities;
- Relaxation techniques;
- Health education topics;
- Improved functional ability, decreased depression, increase confidence in exercise ability

**EnhanceFitness (EF)**
- Community-delivered exercise program;
- Increase strength, activity levels and mood;
- Involves stretching, flexibility, balance, low-impact aerobics, strength training exercises;
- 3 times per week for 1 hour
- University of Washington developed

**Arthritis Toolkit**
- Individual; self-directed arthritis self management program;
- Mix of materials from both AF Self Help Program and CDSMP;
- Check-out method with option to purchase;
- Tracking and reporting
Walk With Ease

- Physical activity and self-management education program
- Individually or led by trained group leader
- Structured 6 week program; 3 times per week; 45-90 minutes per class

MAOP Partnership ORG Chart (See Handout)

MAOP PARTNERSHIP INFRASTRUCTURE

Missouri Department of Health and Senior Services (MDHSS)
Bureau of Cancer and Chronic Disease Control (BCCDC)
Division of Senior and Disability Services
Heart Disease and Stroke Prevention Program (HDSPP)
Diabetes Prevention and Control Program (DPCP)
Show Me Healthy Missourians
WISEWOMAN
Federally Qualified Healthcare Centers (FQHC)
Intervention Agencies/Local Public Health Agencies (lpha)
Regional Arthritis Centers (RAC)
University of Missouri Extension (UME)
Bureau of Senior Programs
Area Agencies on Aging Community Networks
Missouri Arthritis and Osteoporosis Program (MAOP)
University of Missouri – School of Health Professions

APS Healthcare Delivery System
RAC, AAA, UME, and lpha Pending: ADAM, Worksit Wellness Referral Network
WISEWOMAN FQHC APS Healthcare QI Providers

Community Network
E.g. churches, health & fitness, phys therapy, etc.
Consultants
MAAB
RAC Boards
Support Arthritis Foundation
Stanford ProjectEnhance

MAOP Partnerships
Organizational Relationship
Contractual Relationship

Home and Community Services
Quality Improvement
Healthcare Providers
Activity Directors Assoc of Missouri (ADAM)
Worksite Wellness Programs

MISSOURI REGIONAL ARTHRITIS CENTERS (RAC)

www.moarthritis.org

- Central Missouri RAC 573-882-8097
- Kansas City Area RAC 816-932-2351
- Eastern RAC 800-406-2491
- Northeast RAC 660-626-2049
- Northwest RAC 800-443-8858
- Southeast RAC 888-216-3293
- Southwest RAC 800-835-5197
- Missouri Arthritis Program 573-884-1220
Questions?

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