

# References

1. Virginia Department of Health. (2007). Virginia BRFSS dataset.
2. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. (2016). BRFSS Prevalence & Trends Data. Retrieved from <https://www.cdc.gov/brfss/brfssprevalence/Virginia/>.
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# Virginia Arthritis Program:

*Reducing Arthritis Burden and Improving  
Walkability in Virginia*

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*Healthy Communities Supervisor*  
Virginia Department of Health

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# Outline

- Introductions
- Arthritis burden in Virginia
- Overview of Virginia Arthritis Program
  - Award Details
  - Purpose
  - Target Population
  - Strategies/Workplan
  - Outcomes
  - Approach
- Partners and Opportunities
- Questions

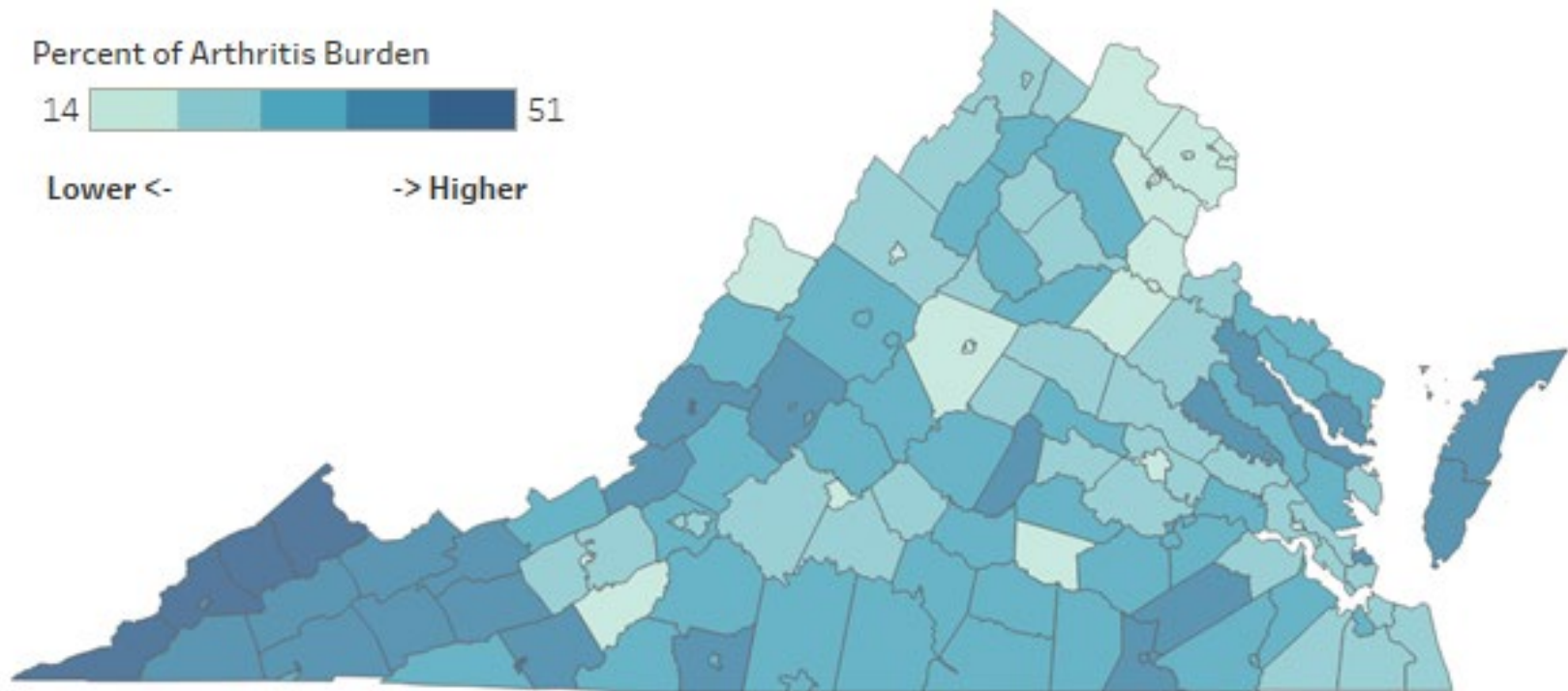
# ARTHRITIS BURDEN

# Arthritis Burden



- “Arthritis” is a term that refers to more than 100 conditions affecting joints, the surrounding tissues, and connective tissues
- Pain, aching, stiffness, and/or swelling in and around a joint

# Arthritis Burden<sup>1</sup>



# Arthritis Burden



- 45 percent of people with arthritis report limited capacity to engage in ADLs<sup>2</sup>
- Co-morbidities: obesity; diabetes; and heart disease<sup>3</sup>
- \$392 million annual cost for days lost from work<sup>4</sup>



# Arthritis Burden



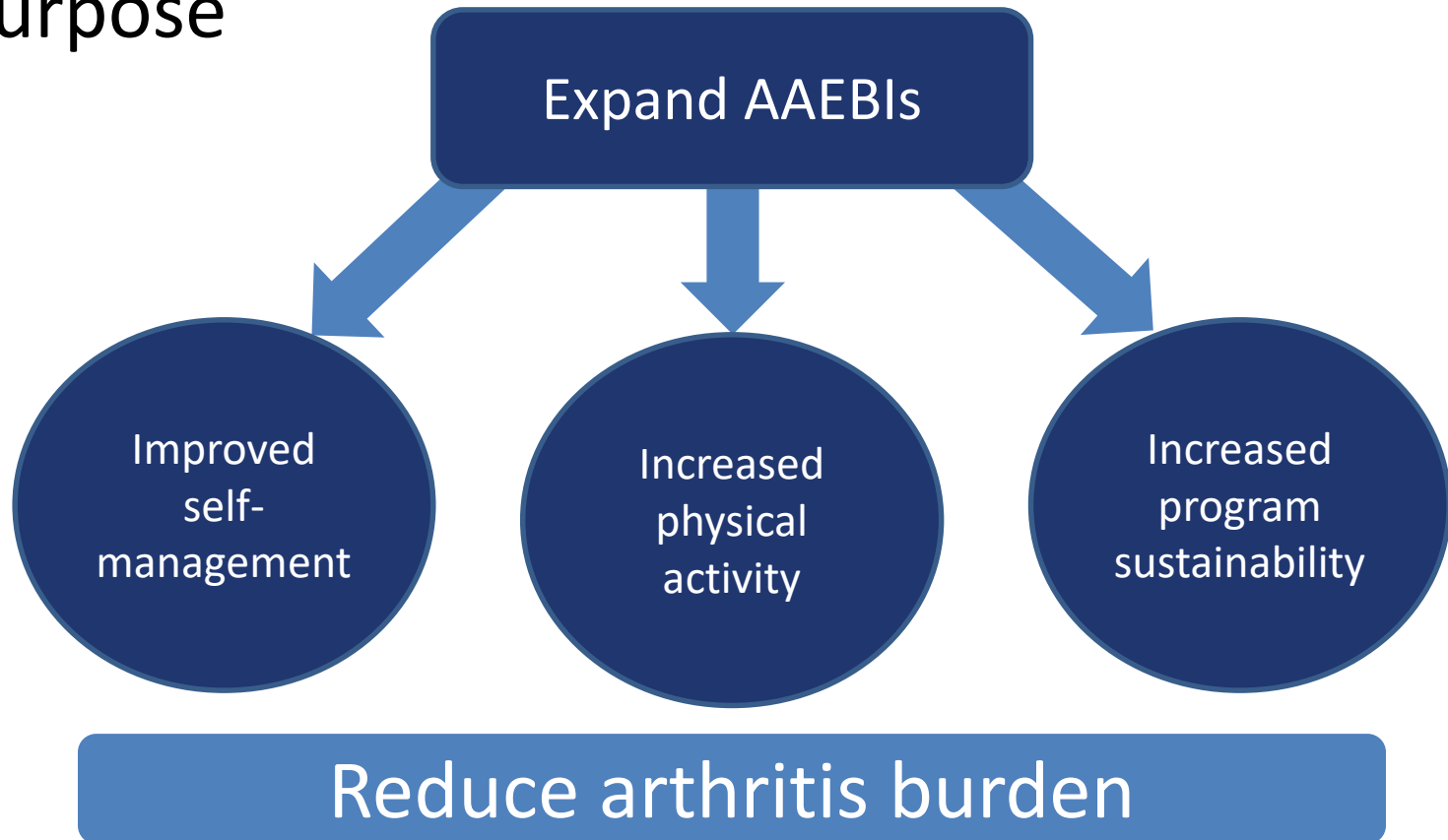
- Early diagnosis, weight management, physical activity, and self-management can reduce the pain and disability
- Physical inactivity is very common
- 12.5 percent have ever taking an educational course or class<sup>5</sup>



# **OVERVIEW OF VIRGINIA ARTHRITIS PROGRAM**

# Program Overview

- Purpose



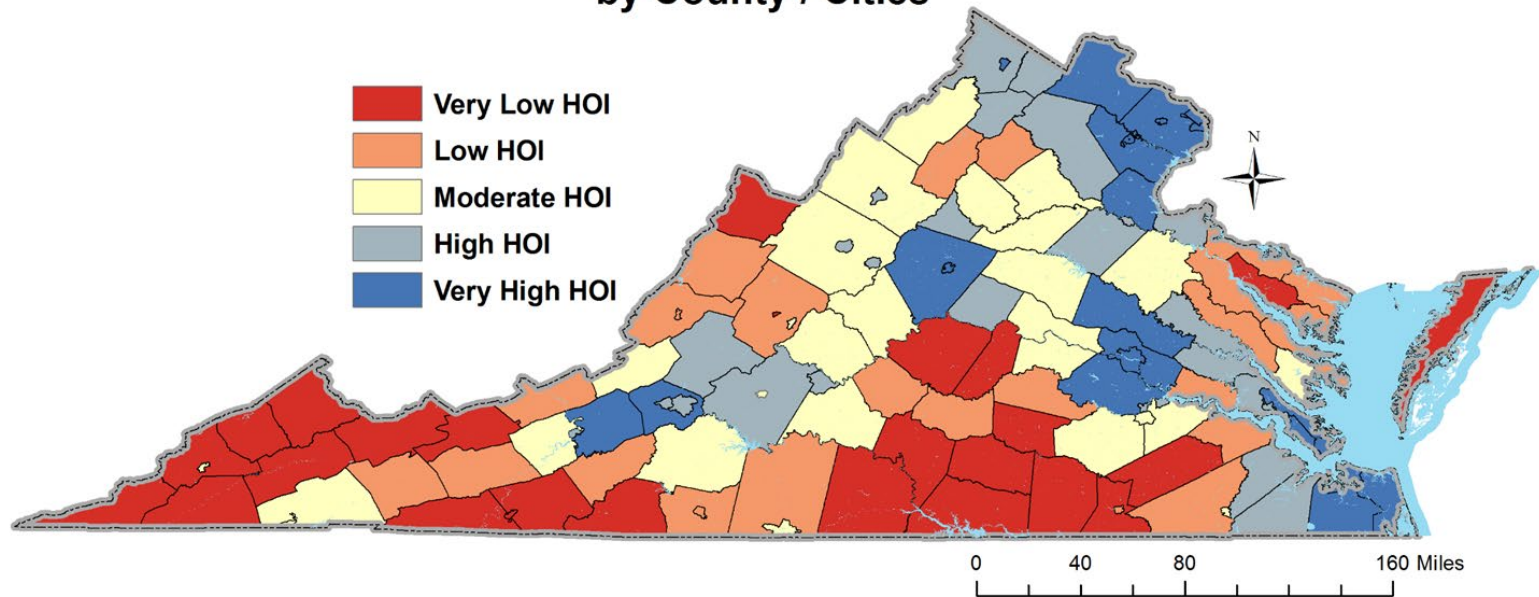
# Program Overview

- Target Population
  - Aged 18+ years
- Subpopulation
  - Aged 45 to 74 years
  - Low income
  - Regions with low health opportunity index scores

# Program Overview

## Virginia

### Health Opportunity Index (HOI) by County / Cities



# Program Overview

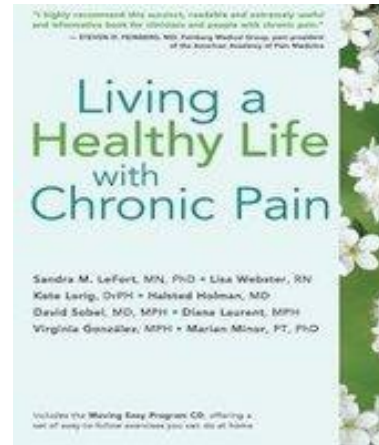
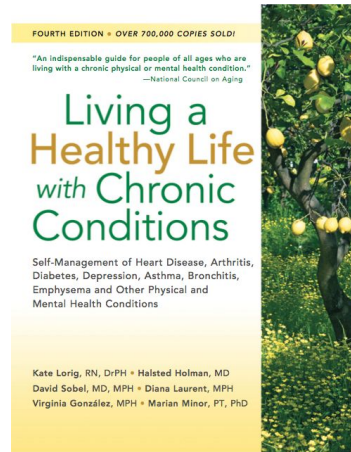
- Strategies/Workplan
  1. Disseminate Approved Arthritis Evidence Based Interventions (AAEBIs) and leverage other Self-Management Interventions;
  2. Promote walking;
  3. Counsel and refer patients to increase physical activity, including participation in AAEBIs and walking; and
  4. Raise awareness about arthritis burden and management

# Program Overview

- Strategies/Workplan
  1. Disseminate AAEBI and leverage other Self-Management Interventions
    - Activities:
      - Increase capacity for AAEBIs
      - Establish Virginia Arthritis Coalition (VAC)
      - Revise Virginia Arthritis Plan
      - Develop multi-media promotional materials



# Program Overview



# Program Overview

- Strategies/Workplan

2. Promote walking

- Activities:
  - Develop and disseminate promotional materials
  - Conduct environmental assessments to identify pedestrian-friendly areas
  - Collaborative Network Shared Agenda to include a Virginia Walkability Action Institute

# Program Overview

- Strategies/Workplan
  3. Counsel and refer patients to increase physical activity, including participation in AAEBIs and walking;
    - Activities:
      - Develop Arthritis Advisory Council (AAC)
      - Implement counseling and referral systems using No Wrong Door Virginia, Arthritis Foundation's Resource Finder, and Project ECHO
        - » Develop and disseminate project information and referral tools
        - » Identify physician “champions”
        - » Utilize EHRs to identify patients with arthritis
        - » Develop and disseminate Project ECHO training modules
        - » Establish a no-cost incentive program for providers

# Program Overview

- Strategies/Workplan
  4. Raise awareness about arthritis burden and management
    - Activities:
      - Utilize best practices to develop provider-centered campaign
      - Collect, analyze, and disseminate Behavioral Risk Factor Surveillance System and other relevant data

# Program Overview

- Outcomes
  - Reduced, or no increase, in physical inactivity;
  - Increased percent counseled by a physician or other health professional to be physically active or exercise;
  - Reduced, or no increased, report fair or poor health status;
  - Increased percent report ever taking an AAEBI; and
  - Increased percent report walking for exercise

# PARTNERS AND OPPORTUNITIES



# Partners and Opportunities

- Primary Partners
  - Arthritis Foundation
  - Department for Aging and Rehabilitative Services
    - Area Agencies on Aging
  - Equitable Cities, LLC
  - Health Quality Innovators
  - Local Health Districts

# Partners and Opportunities

- Secondary Partners
  - Aetna
  - Virginia Association of Free and Charitable Clinics
  - Virginia Chamber of Commerce
  - Virginia Community Healthcare Association
  - Virginia Recreation and Parks Society
  - Virginia Rheumatology Society
  - State Healthcare Systems

# Partners and Opportunities

- Increase capacity for dissemination of AAEBIs
  - Virginia Arthritis Coalition
  - Arthritis Advisory Council
  - Promoting and referring community to AAEBIs and walking

# Partners and Opportunities

- Engaging in stakeholder groups
  - Virginia Arthritis Coalition
    - Stakeholder group
      - Raise awareness and execute activities;
      - Promote the benefit of walking; and
      - Assist with development and distribute a variety of communication materials
  - Virginia Arthritis Plan - five (5) year strategic plan
    - Connectivity
    - Safety
    - Quality of accommodations

# Partners and Opportunities

- Engaging in stakeholder groups
  - Arthritis Advisory Council
    - sets the agenda for collaborative leadership that improve the quality of care; and
    - improve physician counseling and referral of patients to increase physical activity

# Partners and Opportunities

- Increase capacity for dissemination of AAEBIs
  - Promoting and referring community to AAEBIs and walking
    - Counsel for low-impact physical activities
    - Urge 150 minutes per week
    - Promote physical activity classes
    - Suggest self-management education



# Partners and Opportunities

- Increase capacity for dissemination of AAEBIs
  - Promoting and referring community to AAEBIs and walking
    - VirginiaNavigator: [virginiannavigator.org](http://virginiannavigator.org)



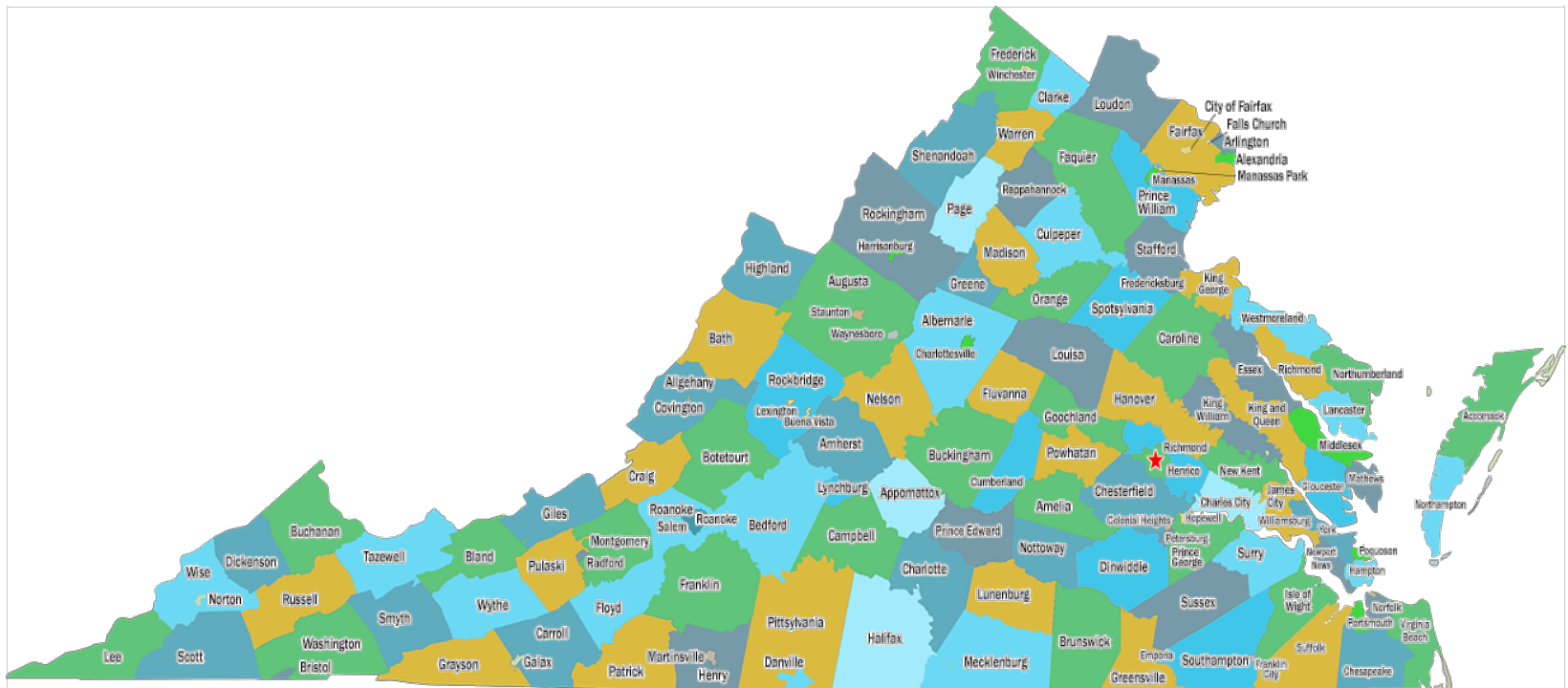
# Partners and Opportunities

- Increase capacity for dissemination of AAEBIs
  - Promoting and referring community to AAEBIs and walking
    - No Wrong Door Virginia: [nowrongdoorvirginia.org](http://nowrongdoorvirginia.org)

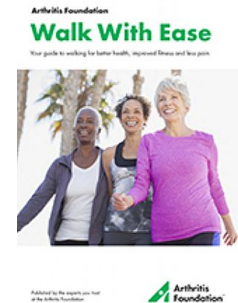
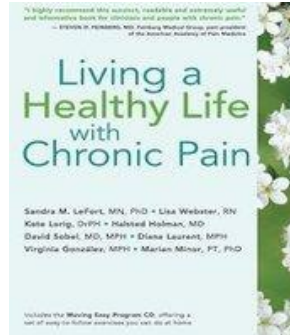
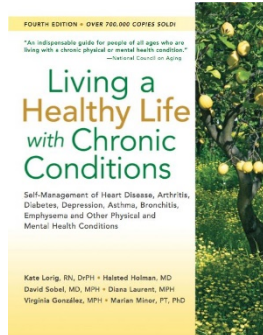
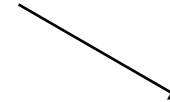
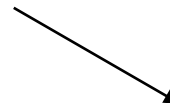
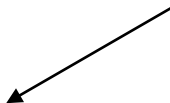
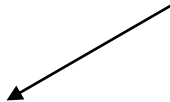
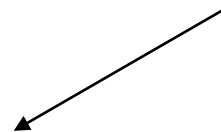


# Partners and Opportunities

- Increase capacity for dissemination of AAEBIs
  - No Wrong Door Virginia: [nowrongdoorvirginia.org](http://nowrongdoorvirginia.org)



# Partners and Opportunities: Referral Process



# How VDH Can Support Its Partners

Referral Contact:

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*Arthritis Program Coalition Coordinator*

804-864-7774

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# QUESTIONS



# References

1. Virginia Department of Health. (2007). Virginia BRFSS dataset.
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