

# Arthritis Toolkit

evidence-based public health programs

University of Missouri – Columbia  
MO Department of Health & Senior Services

[www.moarthritis.org](http://www.moarthritis.org)

---

---

---

---

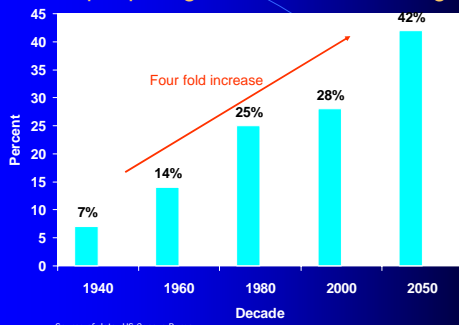
---

---

---

---

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



---

---

---

---

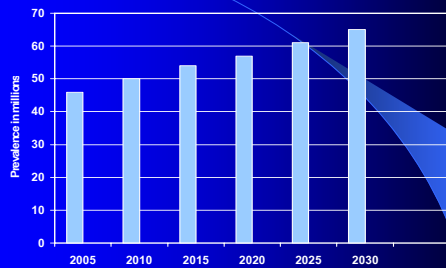
---

---

---

---

## Projected Arthritis in Millions to 2030



---

---

---

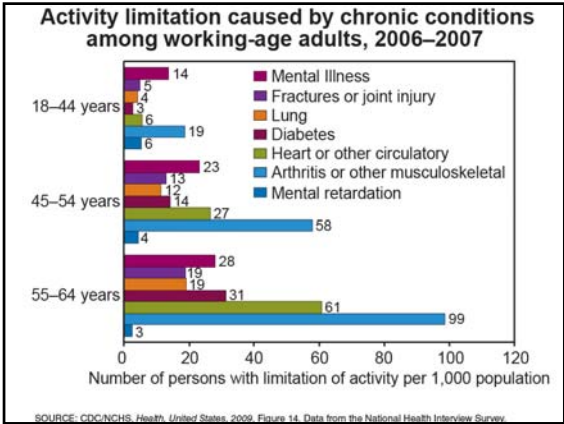
---

---

---

---

---




---

---

---

---

---

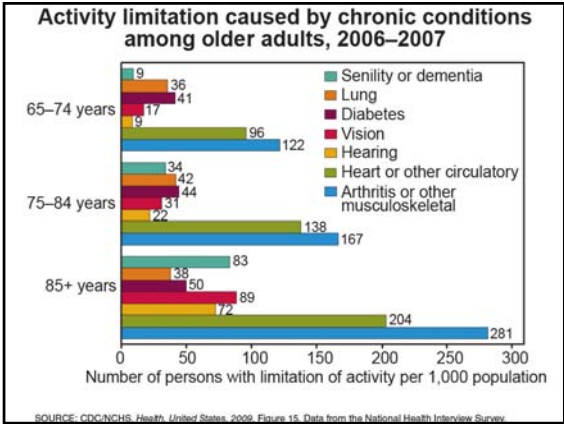
---

---

---

---

---




---

---

---

---

---

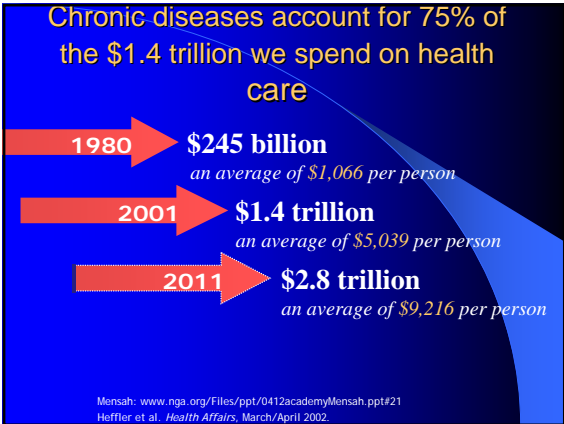
---

---

---

---

---




---

---

---

---

---

---

---

---

---

---

## 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

---

---

---

---

---

---

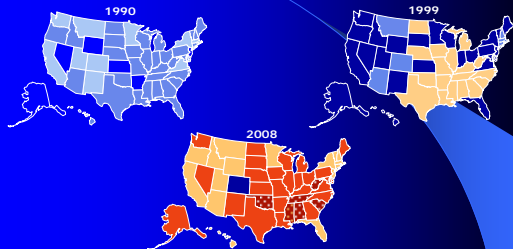
---

---

## Obesity Trends\* Among U.S. Adults

BRFSS, 1990, 1999, 2008

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



Legend: No Data, <10%, 10%-14%, 15%-19%, 20%-24%, 25%-29%,  $\geq 30\%$

---

---

---

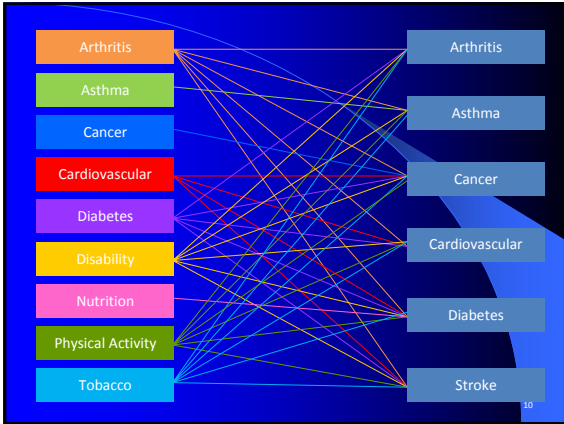
---

---

---

---

---




---

---

---

---

---

---

---

---

## 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

---

---

---

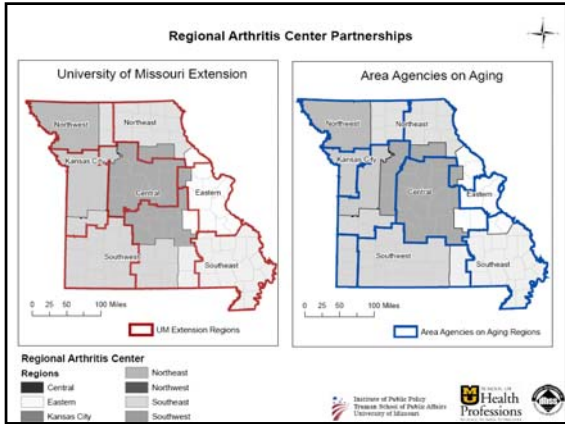
---

---

---

---

---




---

---

---

---

---

---

---

---

---

---

## 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

---

---

---

---

---

---

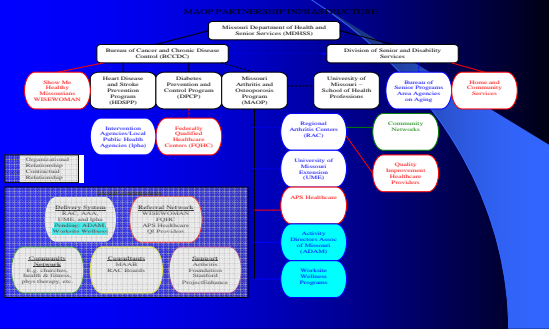
---

---

---

---

## MAOP Partnership ORG Chart (See Handout)




---

---

---

---

---

---

---

---

---

---

## MISSOURI REGIONAL ARTHRITIS CENTERS (RAC)

[www.moarthritis.org](http://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?



Beth Richards, CTRS, Director  
Missouri Arthritis & Osteoporosis Program  
[richardsjo@missouri.edu](mailto:richardsjo@missouri.edu)

---

---

---

---

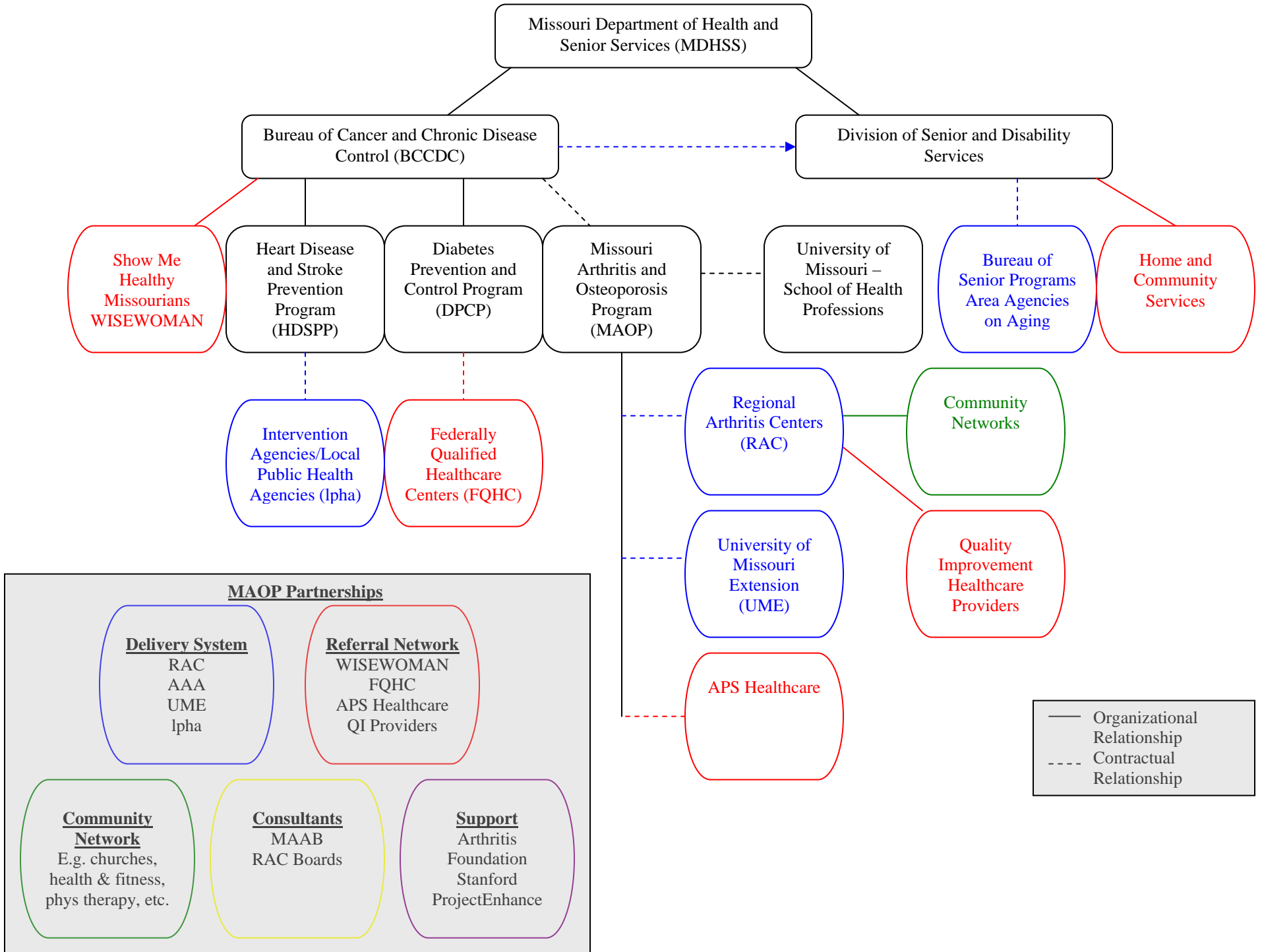
---

---

---

---

# MAOP PARTNERSHIP INFRASTRUCTURE – Attachment A



**MAOP Partnerships**

|   |   |
|---|---|
| <p style="text-align: center;"><b><u>Delivery System</u></b></p> <ul style="list-style-type: none"> <li>RAC</li> <li>AAA</li> <li>UME</li> <li>Ipha</li> </ul>            | <p style="text-align: center;"><b><u>Referral Network</u></b></p> <ul style="list-style-type: none"> <li>WISEWOMAN</li> <li>FQHC</li> <li>APS Healthcare</li> <li>QI Providers</li> </ul> |
| <p style="text-align: center;"><b><u>Community Network</u></b></p> <p>E.g. churches, health &amp; fitness, phys therapy, etc.</p>   | <p style="text-align: center;"><b><u>Consultants</u></b></p> <ul style="list-style-type: none"> <li>MAAB</li> <li>RAC Boards</li> </ul>   |
| <p style="text-align: center;"><b><u>Support</u></b></p> <ul style="list-style-type: none"> <li>Arthritis Foundation</li> <li>Stanford</li> <li>ProjectEnhance</li> </ul> |   |