

New Mexico

Multi-Level Partnerships Align to Accelerate Statewide Reach of Evidence-Based Physical Activity Programs

In 2007, 27% of all adults in New Mexico (NM) reported some form of doctor-diagnosed arthritis (Behavioral Risk Factor and Surveillance System). Excess weight is associated with certain types of arthritis, including osteoarthritis and gout. Overall, 66% of NM adults with doctor-diagnosed arthritis are overweight or obese, compared to 60% of the general adult population (2007 BRFSS).

New Mexico's Arthritis Program continues to forge strategic partnerships to meet the needs of the State, extend the reach of intervention programs, and increase opportunities for physical activity in the built environment. The New Mexico Arthritis Program utilized a phased approach to build infrastructure for *EnhanceFitness*, a physical activity program developed for older adults, by partnering with Jewish Family Service of New Mexico (JFS) and New Mexico Senior Olympics (NMSO). JFS is a service provider systems partner that serves people over 50 in two densely populated urban areas, and NMSO is a systems partner with 32 sanctioned senior programs that encourage involvement in sports and promote physical activity in every New Mexico county. The program selected these systems partners due to their demonstrated capacity to reach a large portion of people over 50 with evidence-based or physical activity programs.

With CDC support, the Arthritis Program hosted Project Enhance, the third national *EnhanceFitness* "Train the Trainer" workshop in 2007. Project Enhance trained six staff members and volunteers from JFS, NMSO, and the City of Albuquerque Senior Services as Master Trainers. In March 2008, Master Trainers trained six additional *EnhanceFitness* instructors. In Spring 2008, NMSO began implementing *EnhanceFitness* in two senior centers in two regions of New Mexico. Sites were selected based on availability of participants over 50, feasibility of delivering a physical activity program, and strength of relationships due to a history of collaborating for the *Albuquerque 50+ Games* and the *Local Olympics*. Three additional sites with trained instructors are preparing to register in November 2008. JFS also has four sites registered in locations where they currently deliver complementary evidence-based programs that focus on education and skill-building rather than standardized physical activity. JFS will refer participants from these programs to a new *EnhanceFitness* class scheduled to launch in late 2008. These dissemination models are informed by the *RE-AIM Framework* and the Arthritis Foundation's *Step by Step Guide* to implement systems-based programs, with technical assistance from CDC.

The New Mexico Arthritis Program will continue to develop key partnerships to exponentially increase evidence-based arthritis programming with a focus on physical activity and development of a referral networks by systems partners. This network will allow New Mexicans with arthritis to choose appropriate programs and move from one program to another as their attitudes, skills, behaviors and needs change. The program also is gathering data to map existing physical activity and self-management programs to identify gaps in order to assist in strategically implementing physical activity programs. Inter-departmental collaboration will continue with physical activity as the focal point. The culmination of these efforts to build an infrastructure of organizations with the capacity to deliver programs through multiple sites, and cross-refer participants from one program to another, will result in a statewide delivery system of programs to meet the needs of people with arthritis and other chronic diseases.

Tennessee

Partnerships that Make a Difference in Communities Across the State

The Tennessee Department of Health's (TDOH) Arthritis Program has a long and successful history of addressing the burden of arthritis across the state. Beginning in October 1999, with a capacity-building grant from CDC, the Tennessee (TN) Arthritis Program partnered with the local Arthritis Foundation (AF) chapter to lay the groundwork for reducing the burden of arthritis in the state. Through the creation of the nationally recognized Tennessee Arthritis Action Plan, the TDOH and the AF Chapter sought help from the University of Tennessee Extension Family & Consumer Sciences division (UT Extension) to deliver evidence-based intervention programming to all 95 counties within the state. By following the original Tennessee Arthritis Action Plan, the Department of Health and its partners report reaching over 30,000 individuals in past years. The partnership between the TDOH, the AF Chapter, and UT Extension is the cornerstone of the Tennessee Arthritis Program. Through support from CDC's Arthritis Program, existing partners continue to expand the capacity to deliver evidence-based intervention on a statewide scale.

New partners are building on this success, including the Middle Tennessee YMCA, St. Thomas Health Services, and the Tennessee Radio Network. The YMCA has embedded the Arthritis Foundation Exercise class in all 30 centers in Middle Tennessee and will be expanded into the East Tennessee YMCA in 2009. St. Thomas Health Services has implemented a physician referral network in support of evidence-based intervention programming throughout Middle Tennessee. Using their Physician Relations Team, St. Thomas is interfacing with over 1,000 physicians to educate and promote the use of the Arthritis Foundation Exercise and Self Help programs. Customized Arthritis Program prescription pads have been distributed to St. Thomas Health Services primary care physicians so that the physicians can "prescribe" the use of the Arthritis Foundation Exercise and Arthritis Foundation Self Help programs as they compliment their established treatment regimens. Through the partnership with St. Thomas Health Services, the Arthritis Program gained access to over 1000 primary care physicians offering opportunities to educate through annual updates, meetings, conferences, and direct mail campaigns. St. Thomas Health Services has also produced a series of continuing medical education webinars to promote use of evidence-based interventions as a complimentary therapy. The Tennessee Radio Network is conducting a statewide media campaign, featuring the CDC's arthritis awareness campaign, "Physical Activity. The Arthritis Pain Reliever."

The Tennessee Arthritis Program has demonstrated that partnering with organizations that have similar goals and objectives and target similar populations can exponentially expand reach. Embedding arthritis interventions into these systems establishes overlapping goals with those of the Tennessee Arthritis Program, expanding the reach of the interventions and improving the lives of thousands of Tennesseans living with this debilitating disease.