

# Partnering for Success: Lessons from the Division of Population Health

**Michele Walsh, M.Ed.**

**Associate Director for Policy,  
Partnerships, and Strategic  
Communication**

**Centers for Disease Control and Prevention**  
National Center for Chronic Disease Prevention and Health Promotion

Division of Population Health



# DIVISION OF POPULATION HEALTH



**POPULATION  
HEALTH**

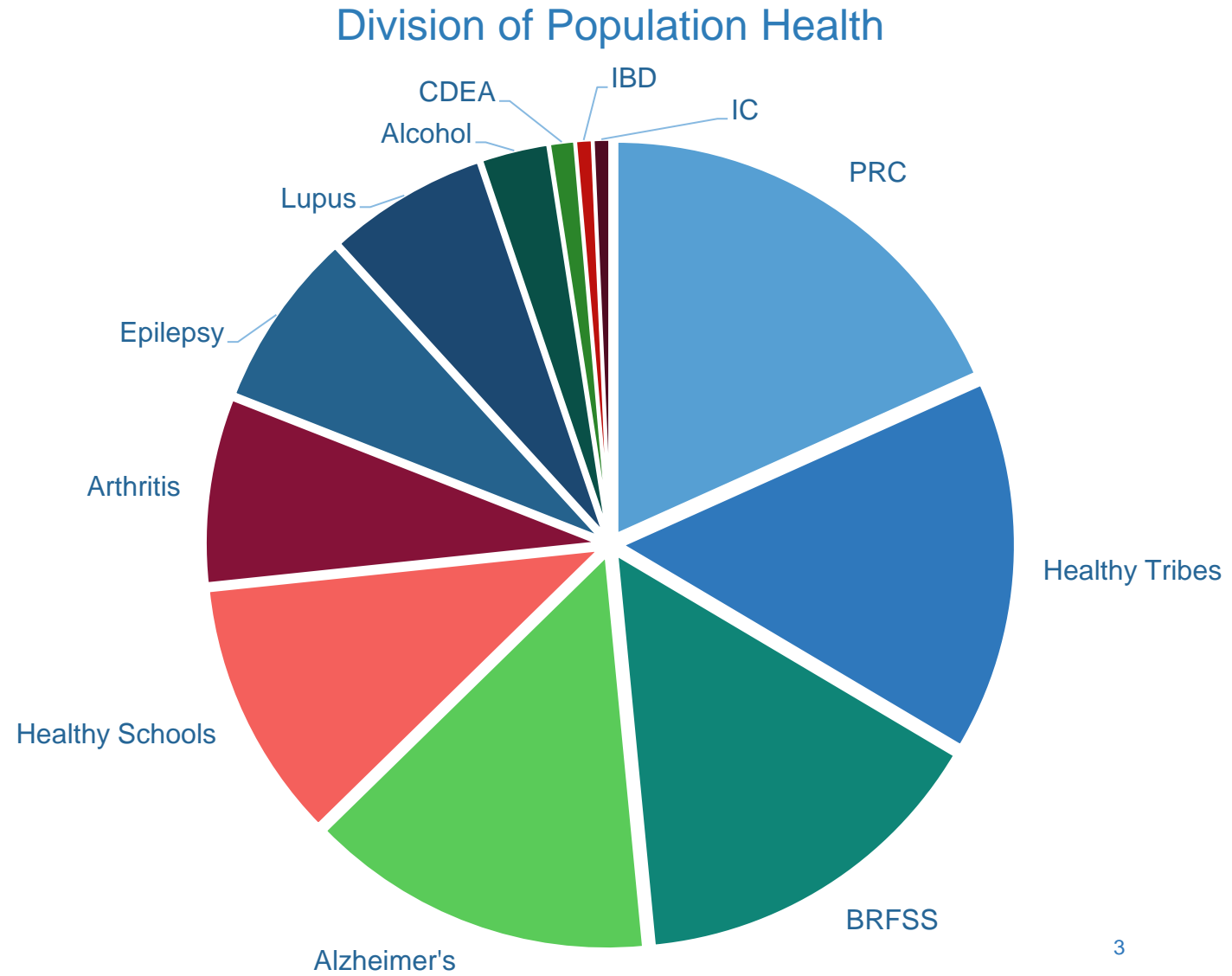
Leading the way to a healthier future.

DPH is a leader and critical resource to improve the health of populations by:

- *Providing state-based and local level data on chronic disease risk factors and conditions*
- *Focusing on population-based strategies to address specific health outcomes within groups and settings*
- *Catalyzing opportunities for innovative data analytics, prevention research, and evidence-based practices*

# DPH Programs FY 2021

| Program                     | Funding (millions) |
|-----------------------------|--------------------|
| Prevention Research Centers | \$ 26.4            |
| Healthy Tribes              | \$ 22.0            |
| BRFSS                       | \$ 21.6            |
| Alzheimer's Disease         | \$ 20.5            |
| Healthy Schools             | \$ 15.4            |
| Arthritis                   | \$ 11.0            |
| Epilepsy                    | \$ 10.5            |
| Lupus                       | \$ 9.5             |
| Excessive Alcohol Use       | \$ 4.0             |
| Chronic Disease Edu & Aware | \$ 1.5             |
| Inflammatory Bowel Disease  | \$ 1               |
| Interstitial Cystitis       | \$ 1               |



# PARTNERSHIP ACTIVITIES

The screenshot shows an email newsletter from the CDC Epilepsy Program. At the top left, it says "EPILEPSY" with the URL "WWW.CDC.GOV/EPILEPSY" and the CDC logo. The date is "September 22, 2021". Below the date, there is a paragraph of introductory text. The main content area is divided into several sections: "Increasing Delivery and Coordination of Epilepsy and Self-Management Supports" with a "Click Here to Learn More" button; "TIME: Targeted Self-Management for Epilepsy and Mental Illness"; "CDC Healthy Schools" with a photo of a school building and links for "About Us | BAM! | VHS"; "Alzheimer's Disease and Healthy Aging" with a row of five resource cards: "Caregiving Resources", "Data for Action", "Alzheimer's Resources", "Road Map Series", and "Communication Resources"; "CDC Health"; "CDC Announcements" with a quote: "Have you heard the US Department of Health says that schools can offer..."; and "Part III: Public Health Considerations & Models for Cultural Adaptations in Dementia Caregiving" scheduled for "October 6, 2021 | 12:00PM-1:00PM EDT (11:00AM-12:00PM CST)". At the bottom, there are two speaker profiles: "Julia Crowder" and "Hui-Bin Han" with their photos and titles. A short paragraph of text follows the speaker profiles.

- Program partnerships
  - Newsletters
  - Science updates
  - Webinars
- Policy partnerships
  - Educational materials
  - Connecting partners
  - Navigating public health

# LESSON 1: STAY VISIBLE

- Create materials
- Educate about your activities and impact
- Partner coalition formation

## MANAGING ARTHRITIS: STRIVE FOR FIVE

- TALK TO YOUR DOCTOR**

Talk to your doctor if you have joint pain or other arthritis symptoms.

It's important to get an accurate diagnosis as soon as possible so you can start treatment and work to minimize arthritis pain.
- MANAGE YOUR WEIGHT**

Losing excess weight and staying at a healthy weight is particularly important for people with arthritis.

Losing weight, if needed, reduces stress on weight bearing joints like the hips and knees.
- PROTECT YOUR JOINTS**

Joint injuries can cause or worsen arthritis.

Choose activities that are easy on the joints like walking, bicycling, and swimming.

These activities are low risk and do not put too much stress on the joints.
- BE ACTIVE**

Physical activity is a simple and effective way to relieve arthritis pain without medication.

Being physically active also improves function, mood, and quality of life for adults with arthritis.
- LEARN NEW SELF-MANAGEMENT SKILLS**

Join a self-management education workshop, which can help you learn the skills to manage your arthritis and make good decisions about your health.

## Arthritis effects can be reduced with physical activity.

### Arthritis in daily life

- One-third of adults over age 45 with 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, such as from a parking deck or subway to work.
- African Americans and Hispanics with arthritis are more limited in their activities due to their arthritis.

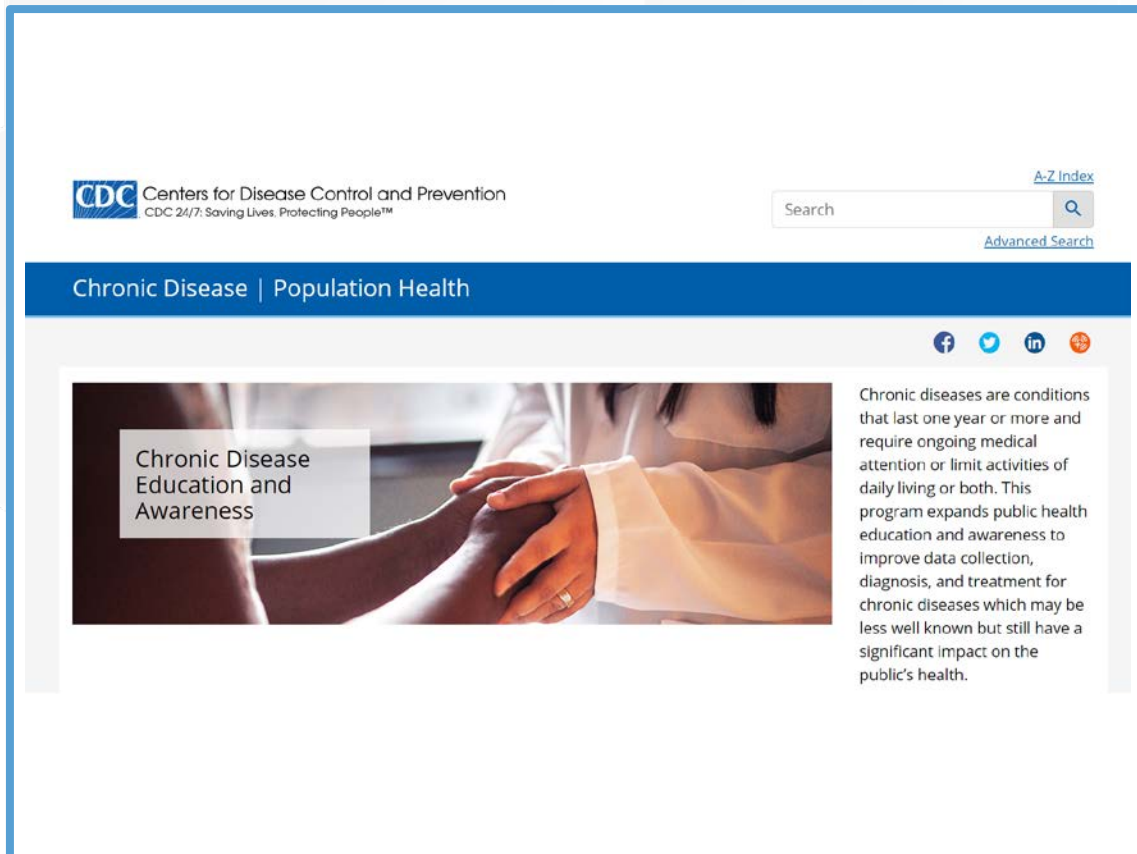
### Managing arthritis

- Arthritis aches and pains are not a normal part of aging.
- Physical activity—walking, swimming, biking—is good for arthritis.
- Physical activity can reduce pain and improve function.

### Who has arthritis?

- About 23% of adults have arthritis.
- Nearly 60% of adults with arthritis are women.
- Nearly 60% of people with arthritis are working age.

# LESSON 2: BETTER TOGETHER



The screenshot shows the CDC website header with the logo and tagline "CDC Centers for Disease Control and Prevention CDC 24/7: Saving Lives. Protecting People™". A search bar is visible with the text "Search" and a magnifying glass icon. To the right of the search bar are links for "A-Z Index" and "Advanced Search". Below the header is a blue navigation bar with the text "Chronic Disease | Population Health". Underneath the navigation bar are social media icons for Facebook, Twitter, LinkedIn, and YouTube. The main content area features a photograph of several hands clasped together, with a white text box overlaid on the left side that reads "Chronic Disease Education and Awareness". To the right of the photograph is a paragraph of text: "Chronic diseases are conditions that last one year or more and require ongoing medical attention or limit activities of daily living or both. This program expands public health education and awareness to improve data collection, diagnosis, and treatment for chronic diseases which may be less well known but still have a significant impact on the public's health."

- Interest from many groups
  - Small prevalence, small voices
  - Unknown public health role
- Partners working together
  - Strength in numbers
  - Elevate messages

# LESSON 3: NO RESOURCES – NO PROBLEM


Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

A-Z index  
Search    
Advanced Search

## Chronic Obstructive Pulmonary Disease (COPD)

Facebook Twitter LinkedIn YouTube

**What is COPD?**  
Chronic obstructive pulmonary disease, or COPD, is a group of diseases that cause airflow obstruction and breathing-related problems. It includes emphysema and chronic bronchitis. COPD causes breathing difficulty for the 16 million Americans who have this disease. Millions more suffer from COPD, but have not been diagnosed and are not being treated. Although there is no cure for COPD, it can be treated.



COPD Symptoms, Diagnosis, and Treatment

- Big public health problem
- Little recognition
- No CDC program
- Work together – outside the box
- Full circle – stay visible!



# POPULATION HEALTH

Leading the way to a healthier future.

# Thank you!

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