

National Association of Chronic Disease Directors (NACDD) Arthritis Integrated Dissemination Project Grant Activities

The National Association of Chronic Disease Directors (NACDD), with support from the Centers for Disease Control and Prevention (CDC), began funding nine state health departments in 2008 (Alaska, Illinois, Indiana, Iowa, Kentucky, Maryland, Massachusetts, Mississippi, and New York) to improve the quality of life for people with arthritis through state-level public health action. Funded projects of about \$50,000 each draw upon the respective strengths, expertise, and resources of existing state-based chronic disease and/or health promotion programs, and help promote increased access and use of evidence-based interventions.

Through these projects, NACDD supports states in integrating and expanding arthritis interventions into other chronic disease and/or health promotion programs. The goal is to increase access to and use of these interventions is expected to expand considerably. Working with existing systems and system partners to embed arthritis interventions into existing and sustainable program delivery systems affiliated with other chronic disease and/or health promotion programs (e.g., Diabetes Outreach Network, congregate meal sites, health promotion coordinator network).

Over the 3-year project period, grantees will also participate in a separate centralized evaluation of dissemination models including participating in both qualitative and quantitative data collection efforts. By the end of this project period, NACDD and CDC expect to identify model dissemination efforts that can be replicated in other state agencies, as well as models for working with system partners at the state, regional, and national level.

Following is a brief description of activities in each of the funded states:

State Name Intervention	Contact Person	Delivery System Partner(s)	Impact of AID Project
Alaska Chronic Disease Self – Management Program (CDSMP)	Barbara Stillwater Barbara.stillwater@alaska.gov	Parish Nurse/Extension services/Veteran Affairs(VA)/Federally Qualified Health Centers (FQHC) – Parish Nurse provides the leaders at several sites within extension and area agencies on aging; VA and FQHC have their own leaders & infrastructure; VA committed to program.	State support of the CDSMP through funding and commitment from the Diabetes Prevention and Control Program and a state-supported CDSMP website; other chronic disease programs are making referrals including Tobacco Quit Line and Cardiovascular Health.
Illinois Arthritis Foundation Exercise Program (AFEP)/ Chronic Disease Self – Management Program (CDSMP)	Rhonda Clancy Rhonda.clancy@illinois.gov	Southwestern Illinois College /White Crane Wellness Center - Both partners have multiple sites for the interventions and have discussed sustainability strategies. Partners have been trained in both programs and coordinate program offerings.	The Disability and Health program advocates for CDSMP in Independent Living Centers; AID project staff have met with colleagues in other chronic disease program to explore integration efforts and increase awareness of the programs.

<p>Indiana EnhanceFitness (EF)</p>	<p>Laura Heinrich ltheinri@isdh.in.gov</p>	<p>Indiana Assoc of Area Agencies on Aging (IAAAA)- 12 of 16 area agencies on aging (AAAs) in the state are trained to provide EF. IAAAA provides oversight and coordination of the project within the AAA network.</p>	<p>The EF program is now being implemented in AAAs across the state. The state health department is establishing a community-based network that can implement evidence-based programs like EF and CDSMP. The program is working with the state unit on aging to establish a system of referrals for the programs.</p>
<p>Iowa Chronic Disease Self – Management Program (CDSMP)</p>	<p>Laurene Hendricks lhendric@idph.state.ia.us</p>	<p>Iowa Association of AAA/lowans Fit for Life (IFFL)- The above will contract with local public health agencies, regional area agencies on aging, and hospitals will offer CDSMP; lowans Fit for Life will offer CDSMP to state employees, they hope it will lead to policy change within the state continuing education program</p>	<p>The AID project works with IFFL to offer CDSMP to state employees with the goal of affecting policy change in state government by creating culture of wellness. Efforts are underway to increase awareness of CDSMP among other state health department chronic disease programs.</p>
<p>Kentucky Arthritis Foundation Exercise Program (AFEP)/ Chronic Disease Self – Management Program (CDSMP)</p>	<p>Jennye Grider jennye.grider@ky.gov</p>	<p>Healthy Communities Projects (HCP)/Arthritis Foundation (AF)/ University of Louisville - HCPs assist in developing implementation strategies for AFEP and CDSMP; HCPs identify organizations to host evidence-based programs/fill leader roles; AF trains instructors and reports data submitted by all trained instructors.</p>	<p>The AID project has increased awareness of the CDSMP among other chronic disease programs and local health departments. The AID project assists with providing technical assistance for the HCP-established community councils in the area of environmental and policy change that incorporates wellness and CDSMP.</p>
<p>Maryland EnhanceFitness (EF)/ Chronic Disease Self – Management Program (CDSMP)</p>	<p>Jade Leung leungj@dhhm.state.md.us</p>	<p>6 AAAs, Community Action, Community College and Baltimore Parks & Recreation implement EF. YMCA and Johns Hopkins Health Care identifies staff and others to be trained to deliver the intervention and also provides oversight of the program implementation.</p>	<p>The state health department is working with the state unit on aging to secure statewide funding for CDSMP. The AID project ensured that the EF program remains in three AAAs by building infrastructure and maintain program activity when they had lost their previous funding. They are now working on sustainability plans.</p>

<p>Massachusetts Arthritis Foundation Exercise Program (AFEP)/ Chronic Disease Self – Management Program (CDSMP)</p>	<p>Anita Albright anita.albright@state.ma.us</p>	<p>Councils on Aging/Care Coordination Sites/Arthritis Foundation - Six Care Coordination sites trained staff in CDSMP. The Care Coordination sites implement the medical home model; 16 Councils on Aging are offering CDSMP.</p>	<p>The AID project worked within the state health department to increase awareness of CDSMP in the Women’s Health Network and Men’s Health Partnership and throughout the Division of Wellness and Prevention; CDSMP is included in the State Asthma Plan and the Diabetes Program as a clinical best practice; part of menu of required programs for Women’s Health Network contractors; featured on the Mass in Motion state-sponsored website.</p>
<p>Mississippi Chronic Disease Self – Management Program (CDSMP)</p>	<p>Sebrenia Robinson Sebrenia.robinson@msdh.state.ms.us</p>	<p>State Unit on Aging (SUA)/Federally Qualified Health Centers (FQHCs) - FQHCs train staff or volunteers and offer the CDSMP at their sites while providing coordination and oversight. The state health department and SUA are working together to support implementation of CDSMP at AAAs.</p>	<p>The AID project continues to establish new partnerships and collaborative efforts with delivery system partners and to increase awareness and support within other chronic disease programs. It also acted as the foundation for building the CDSMP infrastructure within the state, which supported the American Recovery and Reinvestment Act (ARRA)-funded CDSMP initiative in the state.</p>
<p>New York Chronic Disease Self – Management Program (CDSMP)</p>	<p>Danielle MacFee Dmr17@health.state.ny.us</p>	<p>Community-Based Organizations (CBOs)- former diabetes coalitions/ regional network consisting of health insurers and a consortium of community organizations - The regional network works independently within its region to coordinate CDSMP amongst its partners/ the CBOs, and former diabetes coalitions, continue to build their CDSMP infrastructure and are now tied in with the ARRA activities.</p>	<p>The AID project has facilitated a process of organizations in regions and localities to think about systems change. This shift has occurred within three health insurers in one region of the state; CDSMP integration has occurred within other chronic disease programs like disability and health, diabetes and cardiovascular health. The state health department has included self-management as a key strategy in its strategic plan.</p>