



## Oklahoma Arthritis Network (OAN)

Thursday, March 6, 2008

### MINUTES

#### Attendees:

Adrienne Chambers, OSDH Arthritis Prevention and Education Program  
Cindy Cole, OSDH Protective Health Service  
Gwen Doshier, OK AgrAbility  
Brandi Fossett, NODA Area Agency on Aging, CDSMP Master Trainer, Garfield County Health Department (VC)  
Andrew Graham, Osage County Health Department (VC)  
Bhie-Cie Grass, REACH U.S. Absentee Shawnee Tribe  
Clara Haas, Silver Haired Congress  
Larry Hopper, Metro Transit / APT  
Andrali Jewett, OKDHS Aging Services Division  
Terry Johnsen, OKDHS, Developmental Disabilities Services Division  
Rowena Scott Johnson, CAACAA  
Nancy Lombardy  
Melanie McFarland, OK Foundation for the Disabled  
Janette New, Comanche County Health Department (VC)  
Landon Norton, OSDH Physical Activity and Nutrition Program  
Louella Patterson, Lawton Indian Hospital, Comanche County (VC)  
Kathy Payne, OSDH Health Promotion  
Janie Pennington-Cagle, Johnston County Health Department (VC)  
Eddie Perkins, Quayle Community Youth Outreach  
Joleen Pittman  
Delois Roulston, Creek Nation  
Kulsum Siddiqui, AF Eastern Oklahoma Chapter, Tulsa County (VC)  
James Spencer  
Joyce Spencer  
Marisa (New) Wells, OSDH Arthritis Prevention and Education Program  
Winey West, Creek Nation  
Corey Wright, OSDH Physical Activity and Nutrition Program  
Patricia Yarholer, Cheyenne and Arapaho Tribe of OK

VC = Videoconferencing

- I. **Welcome and Introductions** – Marisa (New) Wells  
New OAN Members: Nancy Lombardy, Cindy Cole, Rowena Scott Johnson, Melanie McFarland, Delois Roulston, Winey West, James Spencer, Joyce Spencer, Louella Patterson, Landon Norton, Bhie-Cie Grass, Joleen Pittman, Andrew Graham
- II. **November Minutes Approved**
- III. **REPORT: CDC Arthritis Grant Application– Marisa (New) Wells**
  - A. We are working on the grant application
    - Very optimistic for continued funding for 4 years
    - Instead of 36, 10-18 states will be funded
    - Have received excellent support letters which include those from the Inter-Tribal Health Board, OSU Extension Service, and AgrAbility
  - B. Recently presented to OK Primary Care Association where 13 CEO's from the Federally Qualified Health Center's (FQHC's) were present
  - C. The FQHC's are interested in adding the arthritis self management program to their existing programs
  - D. The OAN is now a member of the Turning Point Executive Committee
- IV. **OAN Promotional/Educational Opportunities**
  - A. "Physical Activity. The Arthritis Pain Reliever" Posters – Adrienne Chambers
    - We have been collaborating with partners around the state to get the physical activity message out
      - Oklahoma Recreation and Park Society
      - Faith-Based Initiative
      - YMCA's
      - Area on Aging Grantee's
      - Hispanic Initiative
      - Area Agencies on Aging
      - OSU Extension Services
    - The requests for materials (posters and Spanish brochures) have been concentrated in the Northeast, Southeast, and Southwest portions of the state
    - If you are interested in receiving these materials please contact Adrienne Chambers at (405) 271-9444, ext. 56535 or [adriennec@health.ok.gov](mailto:adriennec@health.ok.gov)
- V. **Arthritis Foundation (AF) Foundation Programs** – Kulsum Siddiqui and Marisa (New) Wells for Shona Lennon
  - A. AF Program Leader Trainings/Community Programs – Kulsum Siddiqui

- Exercise Program Leader Training March 14<sup>th</sup> in Tulsa
  - Collaborating with Shona Lennon from the AF Oklahoma Chapter to provide a AF Self Help Program Leader Training Workshop – haven't settled on date yet
  - AF Aquatics Program Leader Training Workshop to be held on April 4<sup>th</sup> in Tulsa
  - Arthritis walks coming up this spring sponsored by the Eastern OK Chapter
    - Tulsa
    - Bartlesville
    - Wagoner
  - Planning forums for arthritis with local rheumatologists
    - Contact Kulsum Siddiqui, AF Eastern Oklahoma Chapter, at (918) 495-3553 for more information
- B. AF Program Leader Trainings/Community Programs – Marisa (New) Wells
- AF Aquatics Training Workshop to be held on April 12<sup>th</sup> in OKC
  - Arthritis walks coming up
    - April 19<sup>th</sup> Enid
    - April 26<sup>th</sup> Stillwater
    - May 3<sup>rd</sup> Lawton
    - May 31<sup>st</sup> Norman
    - May 31<sup>st</sup> OKC
    - Sept 27<sup>th</sup> McAlester
    - October 4<sup>th</sup> Ardmore
    - Go to [www.arthritis.org](http://www.arthritis.org) for more information or call Shona Lennon at (405) 936-3366
  - AF Self Help Program starting April 2nd at 1:30pm in the Guthrie Housing Authority
    - Low cost management program to take control of your arthritis
  - Brandi Fossett with the NODA Area Agency on Aging is holding a training for the AF Exercise Program in Enid
    - NODA covers 8 counties – Alfalfa, Grant, Major, Noble, Kingfisher, Kay, Blaine, Garfield
    - Plans are to train 17 of their nutrition site managers
  - Contact Shona Lennon, AF Oklahoma Chapter, at (405) 936-3366 for more information

VI. **Speaker: Landon Norton, MS, RD/LD, OSDH Physical Activity and Nutrition Program (OKPAN) – “Nutrition and Arthritis: Is There a Relationship”**

- A. OKPAN charge is the burden of obesity in the state; physical inactivity and obesity are risk factors for arthritis
- 29% of adults are obese, 36% are overweight
  - 15% of youth are obese, 16% are overweight
  - 57.7% of adults and 62% of children are physically inactive
  - 84% of adults and 84% of children eat poorly
- B. When researchers look at causes, they look at 4 things
- Genetics
  - Musculoskeletal Defects
  - Injury and overuse
  - Obesity
- C. Osteoarthritis is the most common form of arthritis
- Weight management can impact by relieving and preventing the development of OA
  - Glucosamine/Chondroitin Sulfate – small group showed benefit from
  - Vitamins D, C, E and Beta Carotene – Evidence that these can prevent progress of OA
    - Vitamin D - small evidence about rebuilding cartilage
      - a. Can get from sunlight and dairy products
    - Vitamin C, E and Beta Carotene may prevent cartilage loss
  - Green Tea Compounds
    - Anti-inflammatory effects
  - Gelatin-related substances
    - New research – may be some benefits as related to cartilage
    - Research indicated a supplement, not JELLO
- D. Rheumatoid Arthritis
- People who have RA are more at risk for malnutrition
  - Need adequate calories, protein, and calcium
  - Limit alcohol consumption – interferes with medications
  - Omega 3 fatty acids
    - Fatty fish (tuna, salmon)
    - People with RA should avoid fish oil supplements - affects blood clotting mechanisms and stroke
  - Iridoid glycosides – plant compound in Asia
  - Green tea antioxidants may help, not conclusive
- E. Gout
- Build up of uric acid

- Weight management – excess weight leads to excess tissue which can lead to excess amounts of uric acid
- Limit alcohol consumption – inhibits body from getting rid of uric acid
- Limit foods rich in purines (amino acid related to protein) – can raise level of uric acid
- Increase nonalcoholic fluids – water helps flush out
- Increase low-fat dairy – preliminary data show a drop of uric acid by 50%
- Vitamin C – potential relationship to keep uric acid low, not conclusive

F. Question

- What is best for an individual who is active and diagnosed with arthritis?
  - Lose excess weight
  - See physician
  - Make sure getting adequate vitamins and minerals – B, C, D, E
  - Community programs – AF Exercise, Self Help, and Aquatics Programs; EnhanceFitness Program; and the Chronic Disease Self Management Program

VII. **Living Longer, Living Stronger Partnership** – Andrali Jewett

- Received grant for \$900,000 over a 3 year period to implement the Chronic Disease Self Management Program (CDSMP) and the EnhanceFitness (EF) Program
- CDSMP is currently being conducted in the NODA area, at the Meadows, and the Enid Nutrition Center
- CDSMP will be having a training in Oklahoma City, April 2008
- EF is going in Shawnee, Wilburton, Ada, Pauls Valley, and Purcell – soon to come in Duncan
- To find out where classes are located across the state call Andrali Jewett at (405) 522-5966
- Programs are evidence-based and free of charge at most senior sites
- 1 ½ years left in the grant, if you know of any organizations interested in these programs please let Andrali know
- Wanting to get the CDSMP in 5 new sites

VIII. **Announcements**

- Health Equity Campaign – *Unnatural Causes* PBS Series** – Marisa (New) Wells
  - *Unnatural Causes: Is Inequality Making Us Sick?* PBS Series to air on OETA channel 13
  - Airing in 4 part series starting March 27<sup>th</sup> and ending on April 17<sup>th</sup>
  - Being used to start dialog in states about communities influenced by being born into things that impact health
  - Asking for reactions, how it impacts, and what we can do to make a difference
  - Had first meeting March 4<sup>th</sup> at the University of Central Oklahoma (UCO), next meeting will be in April at UCO

IX. **Next OAN Meeting will be Thursday, April 3<sup>rd</sup>, at 2:00 p.m. at OSDH in Room 314.** Videoconferencing is available; please call (405) 271-9444, ext. 56535 or email [adriennec@health.ok.gov](mailto:adriennec@health.ok.gov) for more information.

X. **See OAN Calendar of Events for other announcements and upcoming meetings**