



Oklahoma Arthritis Network (OAN)

Thursday, September 2, 2004

MINUTES

Attendees:

Debora Adams, OSDH Arthritis Prevention and Education Program
Daryl Badeaux, MBA, Riley Genomics, Inc.
Terri Beard, Oklahoma Health Care Authority
Candice Boesch, Project Access
Virginia Caldwell, Volunteer with Arthritis Foundation
Cherie Chappell, Riley Genomics, Inc.
Nancy Chu, RN, OU College of Nursing
Tina Cohlma, OSDH Consumer Protection Services
Ruth Daniels, DHS Aging Services Division
Gordon Deckert, MD – Oklahoma Board of Health
Kathe Eastham, OHCA
Shelley Frick, Home Instead
Florence Friend
Peggy Garrison, Pinnacle Rehab Hospital
Norma Goff, RN, DHS-Aging Services Division, OAN Chair
Mary L. K. Goodgion
Jolena Graves, DHS Harper County (VC)
Clara Haas, Silver Haired Legislators
Nicholas Hickman, Health Educator, Logan County Health Dept.
Terri Johnsen, DHS Sooner Start –Early Intervention Project
Lin Kisslinger, Fibromyalgia Support Group
Stephanie LaFevers, Arthritis Foundation Eastern OK Chapter- Tulsa (VC)
Shona Lennon, Arthritis Foundation OK Chapter
Gail Livengood, Oklahoma Health Care Authority
Esther Lonce
Mandy McNeely, PWA
Shelly McNeil
Marisa New, OTR, MPH, OSDH Arthritis Prevention and Education Program
Maeletha Patterson, DHS Aging Services Division
Doug Paulsen, Woodson Park Sr. Activities (OKC Parks & Recreation)
Patty Porter, Mercy Sr. Health Center
Betty Jo Ross, Rehab Care, Deaconess Hospital
Jaylene Sain, The Fountains at Canterbury
Lana Shafer, Harper County Health Department, (VC)
Denise K. Smith, Lawton Indian Hospital
Charles Sleeper, Cheyenne Arapahoe Voc Rehab
Dave Thompson, PhD, OU College of Public Health, Dept. of BSE
Carla Wilhite, Oklahoma AbleTech, OK AgrAbility Project
Robin Wilmoth, University of Oklahoma Social Work Student

I. WELCOME – Norma Goff, OAN Chair

New OAN Members: Daryl Badeaux, Terri Beard, Cherie Chappell, Ruth Daniels, Peggy Garrison, Mary Goodgion, Florence Friend, Ester Lonce, Mandy McNeely, Maeletha Patterson, Betty Jo Ross, and Robin Wilmoth,

II. JUNE MINUTES APPROVED-No Corrections

III. Dr. Gordon Deckert (Special guest).

By statute, the Board of Health is responsible for maintaining and improving the health of all Oklahomans. He explained that DALYS (Disability Adjusted Life Years Spent) were measured in the '90s. These statistics are measurements of disability. He is very aware of the disability that osteoarthritis can cause. Other points he made - we are the most expensive health care system

in the world; and Oklahoma has the third most expensive insurance premiums in the United States.

We must be aware of the whole picture, not just arthritis, and its impact on you. He invited comments from audience.

IV. PRESENTATION- Sandy Richardson, MS RD/LD University of Oklahoma Title: Diet and Arthritis

Highlights:

- More than \$1,000,000 is spent annually on alternative treatments for arthritis.
- Each arthritis sufferer is different, and may react differently to different foods.
- Use common sense; avoid anything that makes you feel worse.
- The popular low carbohydrate diet is not recommended.
 - It has too much protein, and can cause gout.
 - Causes calcium loss
 - Osteoporosis
 - Nutrition Deficiency
- Always inform your doctor before taking anything.

V. DATA REPORT-Dave Thompson

Highlights

2002 Arthritis BRFSS (Behavioral Risk Factor Surveillance System) Data was presented as reported in the Oklahoma Arthritis Data Report, "The Painful Truth." A telephone survey is conducted annually using a random digit dialing process, which asks approximately 3,000 to 3,200 adults, six to eight specific questions about arthritis. Some of the findings for 2002 were:

- 1/3 of Adults in Oklahoma have some type of doctor-diagnosed Arthritis
- Out of 3.5 millions people in Oklahoma approximately 46% has some type of long-term joint symptoms.
- More prevalent in women than men.
- Osteoarthritis becomes more prevalent as we age.
- Arthritis increases with obesity.
- Modest decrease in those that have more years of education.

Dave will present more data gathered from the Indian Health Service at our next OAN Meeting, November 3rd.

VI. ARTHRITIS FOUNDATION

PACE (People With Arthritis Can Exercise) Leadership Training Shona Lennon, Arthritis Foundation Oklahoma Chapter

Oct 2 **PACE Leader Training Workshops** (one-day, one leader)
If interested in becoming a leader, call Shona Lennon
(800) 627-5486 or (405) 936-3366

People with Arthritis Can Exercise (PACE) is an land-based exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. It also helps increase overall stamina. It is applicable for anyone who has a rheumatic disease. If anyone is interested in learning how to offer it in their communities, through their business, church or work contact Shona or Marisa for more information.

**ASHC (Arthritis Self-Help Course) Leader Training Workshop
Stephanie LaFevers, Arthritis Foundation Eastern OK Chapter**

We are always looking for people who are interested in being leaders. We are in the process of working with Marisa, and identifying potential locations for our next training sessions. If you are interested in being an ASHC leader, please contact Stephanie or Marisa. Stephanie's toll free number in Tulsa is: 1-800-400-4526, or you can call Shona Lennon at (800) 627-5486. We are trying to target underserved areas where we have the most need, interest and opportunity to train people. ASHC helps people with arthritis learn to live better with their disease or their condition. It is a two-and-a-half day workshop. It's a huge commitment on the leader trainees part, but it is a wonderful service to help people have a better quality of life.

The community course is offered over a six-week period with two ASHC trained leaders working together. The class is offered for two hours once a week. It's a standardized program written by Stanford University. It's licensed to the Arthritis Foundation, and is copyrighted.

**VII. OSDH Arthritis Prevention and Education Program
OAN SURVEY RESULTS- Marisa New**

Marisa reviewed the results of the OAN survey, which was administered by postal mail and by e-mail. The survey asked OAN partners questions about the OAN meetings, e-mail messages, OK Arthritis Network listserv and how people are applying this information. Initially the survey was just one page front and back that focused on the meetings. We didn't get a very good response. We decided to expand the survey to encompass more that attendance at meetings and their benefit but to include messages received by e-mail and listserv. This survey was administered through postal mail and by e-mail. We received about 24 responses from postal mail, and 39 from the web-based version. Results were tallied separately. [Survey results were distributed] If you would like a copy, please contact Marisa New, (405) 271-9444, ext. 56410 or by e-mail at marisan@health.state.ok.us Thanks to Betsy for managing the listserv.

The OAN survey has indicated that almost all respondents are passing the listserv and other e-mail messages to friends, family and colleagues. You are also integrating our messages into work practices to promote and educate others about arthritis and related conditions. We appreciate everyone's time in completing the survey. The results were good and many people added comments related to how beneficial the meetings and communications have been to them personally as well as organizationally. Thanks to all of you!

VIII. ANNOUNCEMENTS

We thank Bill Wells, Employment Lawyers Association, and the Central Oklahoma Manufacturers Association (COMA) for giving the OSDH Arthritis Prevention and Education Program an opportunity to present arthritis information and arthritis community education services that are available statewide. Employers statewide representing the central Oklahoma area were in attendance. New contacts were made and we will be following up with providing these companies more arthritis information to distribute. Another opportunity will be available to address the Southern Oklahoma Business and Industry Council, the Southern Oklahoma Technology Center and the Ardmore Chamber of Commerce in Ardmore in November. Information to be distributed is titled, "Working Through Arthritis: Winning Strategies."

Sep 7-8 Grandparents Raising Grandchildren Conference, OKC
October 26-27, Oklahoma Silver Haired Legislature Training Session, Oklahoma State Capitol

[2004 OAN CALENDAR OF EVENTS distributed.]