



Oklahoma Arthritis Network (OAN)

Thursday, October 5, 2006

MINUTES

Attendees:

Tricia Ayers, OKDHS – Aging Services Division
Beth Batman, OKDHS - Aging Services Division
Betty Bounds
Lisa Bow, Lynn Health Science Institute
Ed Brandt, OUHSC Dept. of Health Administration and Policy
Adrienne Chambers, OSDH Arthritis Prevention and Education Program
Joe Crosby
Carol Crosby
Betty Damrill
Harold DuPoint, Mary Mahoney Memorial Health Center, AF Self Help Program Leader
Esther Duroy
Doug Dye
Connie Eggleston, OKDHS - Aging Services Division
Anita Flood, Arthritis Foundation Exercise Leader
Dorothy Hammert, American Mothers & Univera Life Sciences
Rhonda Harding-Hill, Oklahoma Department of Commerce
Joy Hinkle
Larry Hopper, COTPA / Alliance for Public Transportation
Linda Huff, University of Central Oklahoma
Stephanie LaFevers, Arthritis Foundation, Eastern OK Chapter (VC)
Shona Lennon, Oklahoma Arthritis Foundation Oklahoma Chapter
Marisa New, OSDH Arthritis Prevention and Education Program
Pam Padley
Patty Porter, Mercy Health Center
Betsy Replogle, OAN Chair
Connie Schlitter, OKDHS Dept. of Planning, Research and Statistics
Betty Sims
Linda Smith, University of Central Oklahoma
George Bryan Sykes, Cherokee and Arapaho Tribes, American Indian Vocational Rehab.
Heather Ward, Logan County Health Department (VC)
Carla Wilhite, ABLE Tech, OK AgrAbility
Corey Wright, OSDH Chronic Disease and Prevention Services, Physical Activity Program

VC = Video Conferencing

- I. **Welcome and Introductions** – Betsy Replogle, OAN Chair
New OAN Members: Pam Padley, Betty Damrill, Linda Huff, Anita Flood, Betty Bounds, Dorothy Hammert, Rhonda Harding-Hill, Joe Crosby, Carol Crosby, Corey Wright, Lisa Bow, Esther Duroy, Linda Smith, Betty Sims, Connie Eggleston,
- II. **August Minutes Approved**
- III. **Oklahoma Arthritis Action Plan**
 - A. Thanks to all who participated in the focus group on August 17, 2006.
 - B. Developed by the OAN six years ago, we are now revising the plan.
 - C. The new document will be a part of the new grant application to sustain and enhance the Oklahoma Arthritis Network. Focus group results:
 - More grassroots feedback requested
 - More individual representation rather than just organizational and professional representation.
 - The OAN will take advantage of any opportunities where your feedback as individuals or organizations is requested e.g. CDC focus groups and pilot projects.
 - Participating in science-based programs, outcomes include a reduction in pain. Involvement in self-management education/physical activity complements physician care.
 - Recently awarded a grant, which introduces two other evidence-based programs to Oklahoma. They are the EnhanceFitness Program and the Chronic Disease Self Management Program.

- D. Increasing Arthritis Public Awareness
 - Have implemented health communications campaigns with ads of people walking, dancing, biking, etc. promoting the importance of physical activity as a means of relieving arthritis pain. Campaigns were implemented in Oklahoma City and Tulsa.
 - Oklahoma piloted the Spanish speaking campaign, “Buenos Dias, Arthritis.”
 - Blends well with the Governor’s health initiative, “A Stronger, Healthier Oklahoma” - *Move More, Eat Better, Be Tobacco Free*
- E. Surveillance – How many children have arthritis? What programs are available?
 - Have been collecting data on adults 18 years and older since the late 1990’s on adults.
 - Because of those numbers we can go to partners in the communities and tell them how many people in their area have arthritis and it has helped to introduce the evidence-based programs into their communities.
 - Over 300,000 children have arthritis – Arthritis Foundation.
 - CDC is working with Pediatric Rheumatologists, Family Practice Physicians, and others to determine how many children actually have arthritis in the United States.

IV. UPDATE: Grant Applications

Administration on Aging Grant - Connie Eggleston, OKDHS Aging Services Division

- A. Connie Eggleston will be coordinating the \$900,000 grant received from the Administration on Aging.
- B. Calling it “Living Longer, Living Stronger: The Oklahoma Project.”
- C. Funding is \$300,000 each year over a three-year period.
- D. Oklahoma was one out of the 16 awardees to receive this grant. Thirty-eight states applied.
- E. The OKDHS Aging Services Division partnered with the OSDH, NODA, KEDDO, COEDD, and the Chickasaw Nation with support from the OKDHS Office of Planning, Research, and Statistics.
- F. Will implement two evidenced-based prevention programs for persons 60 years of age and over in four rural regions (NODA, KEDDO, COEDD, and the Chickasaw Nation).
- G. Goal
 - Increase the quality of life and decrease the complications of **arthritis**, heart disease, stroke, and obesity among persons residing in Oklahoma.
 - Establish EnhanceFitness and Chronic Disease Self-Management programs in identified geographic regions of the state.
- H. Objectives
 - Develop and sustain quality implementation of two evidenced-based health prevention programs for individuals 60 years of age and above.
 - Improve collaboration in providing services among state and local health, public health, and Aging Services Network Agencies.
 - Evaluate the program, document activities, and disseminate the results.
- I. Anticipated Outcomes
 - Provide evidenced based health prevention programs to 2,800 individuals over 60.
 - Develop over 100 permanent program sites over three years.
 - Improve health outcomes among 80% of participants.
 - Sustain the program once federal funding ends.
 - Develop an interagency advisory committee; a final report; marketing materials; articles for publication; data reflecting participants in Oklahoma: models for rural and tribal regions; and abstracts and workshops for national conferences.
- J. To determine the greatest need, looked at where there were people over 60 years of age, surveys of areas, and most underdeveloped (least existing programs).
- K. Turning Point partnerships are involved as well.
- L. CDC/AF Mini-Grant – Shona Lennon
 - Arthritis Foundation Exercise Program
 - Shona applied for a CDC grant to help promote the Exercise Program in the NODA area.
 - Funding will pay for promotional items such as flyers, ads, and brochures.
 - It will serve as a pilot project to see if this type of marketing works.
 - Leaders are trained and classes are underway.

V. Oklahoma Arthritis Network Projects/Committee Updates/Collaborative Events

A. Community Education – Shona Lennon and Stephanie LaFavers

- Leader training / re-certification is coming up in Tulsa.
 - a. Recertification is required every three years for Exercise and Aquatics.
 - b. October 6th Aquatics Leader Re-certification Training.
 - c. October 12-13 New Aquatics Leader Training.
 - d. October 20th New Exercise Leader Training.
 - i. For Indian Health Service and Inter-Tribal Health members only.
 - ii. Need Native American contacts in Eastern, Oklahoma
 - e. October 26th Exercise Leader Re-certification Training.
 - f. Call (800) 400-4526 for more details
- Second New Exercise Leader training TBA.
- Arthritis Foundation Self Help Program
 - Re-certification (refresher) training on October 31st. Call (800) 400-4526 for more info.
 - Martha Alford and Maryland Guidry in Muskogee County started new class last week; second program this year and only trained in October and November 2005.
- Leader Reports
 - Harold DuPoint, AF Self Help Leader
 - a. Will schedule one after the first of the year.
 - Anita Flood, AF Exercise Leader
 - a. Starting a class on Oct. 24th at the Geronimo Nutrition Center from 9-10:00 a.m. Call Anita Flood at (580) 355-6206.
 - b. Second class will be Nov. 7th at the Center for Creative Living in Lawton from 10:30-11:30 a.m. Call the Center for Creative Living at (580) 492-6434.
 - Patty Porter, Mercy Health Center
 - a. Nov. 2nd, Mercy Health Center at Jefferson Garden Fitness, 4-5:00 p.m. [Tentatively Scheduled] Call (405) 715-0270 for more information.
- Where? When? Upcoming Community Programs for people with arthritis
 - a. Oct. 12, 7:00 p.m. – Dr. Craig Carson, Rheumatologist with OK Arthritis Center, in conjunction with Patty Porter, Mercy Health doing a presentation on arthritis in general, open and free to public. RSVP: contact the AF at 405-936-3366

B. Collaborative Events

- September 20th – Oklahoma State Fair, Senior Day – Patty Porter, Mercy Hospital
 - Successful event.
 - Provided free screenings, contests, scavenger stroll, AF Exercise Program demonstrations, Jazzercise, etc.
 - One of best attendance records in 100 years of the fair. An estimated 998 visited the Senior Day events. Almost twice as many as last year.
 - OSDH Arthritis Prevention and Education Program gave away pedometers and had OT and PT graduate students explain the importance of physical activity and how to use the pedometers.
- October 18th – Senior Conference
 - First Baptist Church in Norman, call 405/321-4774 for more information.
 - Hosted by OSU Cooperative Extension and other collaborative partners in Cleveland County area.
 - Karen Ross, MD, geriatrician, will be the keynote speaker.
 - Chat Williams, Norman Health Club AF Exercise Leader and Jaimie Watt, OSDH AF Exercise Leader will present information about physical activity and arthritis
- October 12th – KEDDO Senior Conference, Wilburton
 - On OAN calendar.
 - AF Exercise Leaders, Mary Morris, (Sallisaw/Poteau) and Jaimie Watt (Oklahoma City) will present information about Physical Activity and Arthritis.
- OAN Advisory Council Meeting October 24th

- Will review, discuss and modify the revised Oklahoma Arthritis Action Plan. Once approved, the Oklahoma Arthritis Action Plan will be reprinted and distributed.
- OKDHS State Aging Plan, Beth Batman
 - Prepare a new plan every four years.
 - Added objectives to increase the number of DHS staff trained to be leaders of AF evidence-based programs. Relying on county nurses in the field to help.
 - Plan has been approved.
- Alliance for Public Transportation, Larry Hopper
 - October 5th - “Communities in Motion Day”
 - Different parts of the state, federal transportation legislation requiring that parts of the state have a coordinated public transportation and human services transportation type be developed. As a result, we need to involve human services area and public health.

VI. Announcements

- A. Arthritis Foundation
 - October 19th State Employees Health Fair. Arthritis Foundation will have booth at State Capitol.
- B. Betsy Replogle [Handout distributed]
 - Went to Washington and attended a reception for senators.
 - Not one Oklahoman has signed onto the Arthritis Prevention, Control, and Cure Act.
 - Over 100 forms of Arthritis; most common is Osteoarthritis and #1 cause of disability in United States.
 - More information on website - <http://www.health.ok.gov/program/apep>
 - Currently arthritis receives not quite 1% of all medical research funding.
 - Total budget is around \$28 billion
 - \$5 billion goes to cancer
 - 500 million goes to all skin, muscle, and bone diseases (which includes arthritis). Which equals less than a bottle of Tylenol per person per year.
 - Provided addresses and contact information for people to call and let them know they support the bill.
 - Most of the time a decision in the legislature is decided by one phone call.
 - For National Arthritis Action Plan, most ever granted for whole country is \$15 million.
- C. Lynn Health Science Institute, Lisa Bow [Handout distributed]
 - Clinical Trials available, need participants.
 - Have two enrolling studies for Osteoarthritis and Rheumatoid Arthritis, please call (405) 447-8839.

VII. Next OAN Meeting will be **Thursday, November 2nd**, at 2:00 p.m. at OSDH in Room 314.

Videoconferencing is available; please call (405) 271-9444, ext. 56535 or adriennec@health.ok.gov for more information.

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