

¹OKLAHOMA

Introduction

- 726,000 adult Oklahomans report being diagnosed by their doctor to have arthritis. Another 444,000 report having possible arthritis. ¹
- \$1.2 billion is expended to address the costs associated with arthritis in Oklahoma. (\$726 million in direct costs and \$499 million in indirect costs). ²
- In 1999, the Arthritis Prevention and Education Program was established in the Oklahoma State Department of Health based out of the Community Health Division in Community Development Service.
 - Program Goals:
 - To improve the quality of life of ALL people affected by arthritis and related conditions.
 - To decrease social and medical costs that arthritis has on individuals and the State of Oklahoma.
 - To administer and coordinate activities of the Oklahoma Arthritis Network, a statewide coalition involving consumers, health professionals, business leaders, educators, private/public organizations and many others.
- The Oklahoma Arthritis Action Plan was developed in 2000 and its implementation began in September 2001. Please visit: www.health.ok.gov/program/apep to access your copy of the document.



- The Oklahoma Arthritis Network, a statewide coalition, meets once every two months. Based in Oklahoma City at the Oklahoma State Department of Health, we videoconference with county health departments who have interested residents/community partners.

Major Activities

- Aquatics Program
 - Moderate intensity aquatics group program, video available.
 - Covers ROM, strength and endurance
 - Basic and advanced levels
 - 1-hr session, 1-3 time per wk, 6-10 weeks
 - Taught by trained fitness/health leaders

¹ CDC, BRFSS, 2002

² CDC, *MMWR*, 2003; 52:1124-7.

- Co-developed with YMCA in 1983, revised as needed every 3 years.

Please visit: www.health.ok.gov/program/a pep for Oklahoma locations

PACE (People with Arthritis Can Exercise)

- Community recreational exercise program
- Endurance and relaxation activities, health education
- Basic and advanced levels
- 1-1.5 hrs, 1-3 times per week, 8 wks
- Activities seated, standing or lying
- Health/fitness professionals instructors
- Developed by AF in 1987, revised in 1999

Please visit: www.health.ok.gov/program/a pep for Oklahoma locations

- Arthritis Self Help Course (ASHC)
 - Small group education
 - 6-week series of 2-2.5 hours/week
 - Offered in the community
 - Taught by trained volunteers
 - Designed to increase self-efficacy
 - Disseminated by Arthritis Foundation since 1981.

Please visit: www.health.ok.gov/program/a pep for Oklahoma locations.

Partnerships

- The OAN finds its leadership in their Steering Committee. These members reflect statewide partners who are actively involved in regular meetings and other activities. Members include:
 - Arthritis Foundation
 - Eastern Oklahoma Chapter
 - Oklahoma Chapter
 - Oklahoma State Department of Health
 - University of Oklahoma, College of Public Health
 - Dept. of Biostatistics and Epidemiology
 - Oklahoma Center for the Advancement of Science and Technology (OCAST)
 - Patient Advocates, Persons with Arthritis
 - Department of Human Services, Aging Services Division
 - OU Medical Center
 - Caddo County Health Department

In 2004, an Advisory Council was formed and meets annually. It reviews, advises and offers assistance in the completion of an annual workplan. Organizations represented on this Advisory Council include:

Vice President, State Chamber of Commerce
 Medical Director, Blue Cross/ Blue Shield

Nurse, Pain Management Specialist, Family Advocate, Saint Francis Hospital Systems
Family with Arthritis, State Legislator

Program Highlight Volunteer Leader Recruitment

Funding provided through a CDC cooperative agreement has paid the fees for volunteers to be trained as **Arthritis Self Help Course** leaders throughout Oklahoma.

2001

Forty-five (45) leaders were trained between July and September.

2002

Thirty-five (35) leaders were trained.

2003

An –update training- was held for all respondents trained in 2001 and 2002. ASHC had been updated by Stanford University.

2004

Fifteen (15) leaders were trained.

Trainings were held throughout Oklahoma to provide the best possible opportunity to participate. All leaders are encouraged to attend the Oklahoma Arthritis Network meetings to report the status of their programs and the benefits reported by participants. Participants are also encouraged to attend these meetings.

Recruitment of **People with Arthritis Can Exercise (PACE)** leaders began in 2004. Twenty-nine volunteer PACE leaders were trained between June 2004 and January 2005.

Contact Information

- S. Marisa (New) Wells, OTR, MPH
Coordinator, Arthritis Prevention and Education Program
Oklahoma State Department of Health
Community Development Service
1000 NE 10th St., Room 508
Oklahoma City, OK 73117
(405) 271-9444, ext. 56410
(405) 271-1225 Fax
E-mail: marisan@health.ok.gov
Website: www.health.ok.gov/program/apep