

**ARTHRITIS AND RELATED DISEASES
MINUTES – November 3, 2010**

MEMBERS PRESENT

Michael Breeden
Allan Gelber
Renee Hilliard
Ben Mann
Violeta Russ
Helen Robinson
Judy Simon

MEMBERS ABSENT

Linda Brown-Sutphin
Joan Stine

STAFF

Joyce Dantzler
Jade Leung
Tara Snyder

WELCOME

The meeting convened at 4:30.

APPROVAL OF MINUTES FROM October 6, 2010

The minutes were approved.

APPOINTMENTS

Continuing vacancies were discussed. Judy Simon mentioned the possibility of participation via conference call for those who live further away and have difficulty attending meetings. This may prove to make participation more attractive.

ARTHRITIS STATE PLAN

Jade discussed the importance of looking at the state plans and particularly the success stories of other funded states to get ideas on what we might include or do differently. Tara researched these success stories and compiled a summary of what is being done in states funded by CDC and NACDD. Ben Mann mentioned that Georgia just passed legislation creating a funded state arthritis program. It was noted that many states are piggy-backing arthritis prevention activities with other chronic disease programs such as diabetes, obesity prevention, etc.

Judy Simon mentioned Parks and Rec Departments as a potential partner. Jade responded that some counties are already exploring this partnership. So far, YMCAs have proven to be a successful partnership for us, even though the metro-area YMCA did not work out due to **internal program competition and change of management**. Jade said that Cooperative Extensions are another potentially promising partner, but they need funding to keep programs going. Renee Hilliard suggested outreach in faith communities to reach populations that are affected by arthritis. The Parish Nurse program may be one opportunity to explore. Allan Gelber suggested piggybacking on other professional meetings to distribute arthritis messages.

Joyce Dantzler suggested that the AF's Walk With Ease program could be piloted in a church setting. Helen Robinson mentioned that she is a representative for the group Federally Employed Women, and would be happy to help pilot Walk With Ease with the organization. Judy Simon brought up the idea of partnering with the physical therapy departments of local colleges to include proven interventions in student training.

Jade suggested that we begin our state plan work by coming up with goals for the four main areas: Policy, Interventions, Health Communications and Data. Following are the goals proposed by the group.

NEXT MEETING

TBA

MEETING ADJOURNED

6::15

State Plan

Policy:

Goal: Provide cost-benefit analysis related to funding arthritis prevention activities to legislature and regulatory bodies in an effort to achieve state funding and health insurance benefits.

Interventions:

Pilot Walk With Ease program (objective)

Increase awareness of arthritis and promote use of self-management interventions (Goal)

Expand promotion of CDSMP

Expand promotion of EnhanceFitness

Health Communications:

Outreach in professional meetings in the community/events/churches

Statewide media campaign to promote CDSMP

Develop fact sheets on Arthritis and customize

Develop comprehensive resource list (local)

Campaign to promote physical activity

Arthritis Day-Maryland arthritis research community forum for the public in 2012

Data:

Compile BRFSS data including hospital discharge and joint replacement

Sources of data: EF, CDSMP, AF