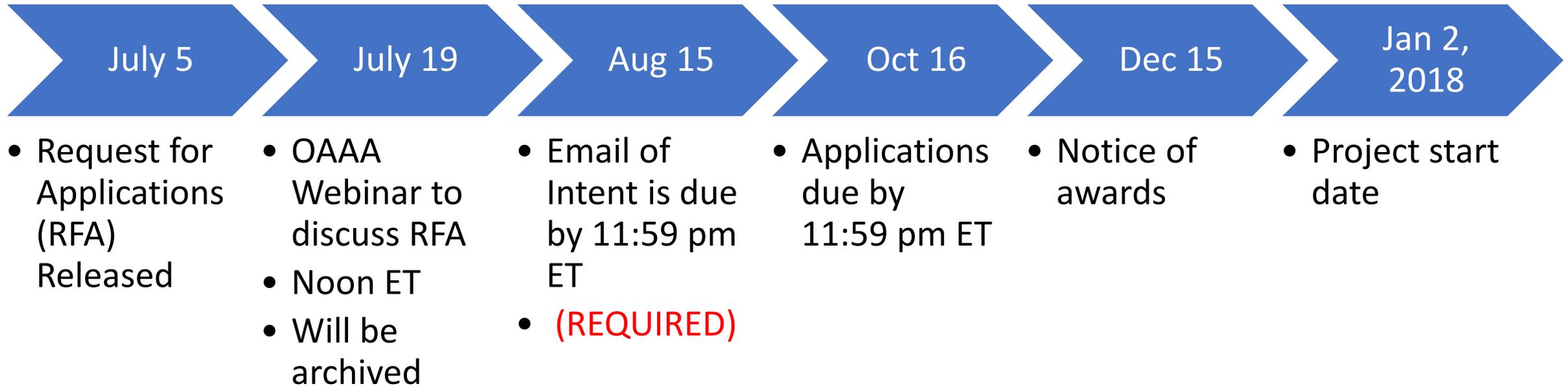


# Arthritis Foundation's Walk with Ease Expansion Mini-Grants

July 19, 2017

# Timeline

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# RFA overview

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- **Goal:** expand the availability and reach of the self-directed and instructor-led group *Walk with Ease (WWE)* programs.
- Soliciting applications from well-established evidence-based health promotion program provider groups.
- Community entities need to strategically leverage collaborations, existing resources, and current programmatic efforts in order to:
  - expand the dissemination and delivery of *WWE* and
  - develop models for sustainability and ongoing funding

*This OAAA mini-grant initiative is funded through contributions from the CDC Arthritis Program, [OAAA](#) member organizations, and the Thurston Arthritis Research Center, University of North Carolina at Chapel Hill.*

# Arthritis Foundation's Walk With Ease

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- *Walk with Ease (WWE)* is an evidence-based program designed to assist adults with arthritis to better manage their condition.
- *WWE* can be delivered over a six-week period in two formats:
  - 1) an instructor-led group that *meets 3 times per week*
  - 2) a self-directed program
- Both formats use the [WWE Workbook](#), which includes:
  - step-by-step information for developing lifestyle of walking
  - motivational tools and strategies to set and monitor realistic goals for improving fitness
  - tips for arthritis symptom management
  - appropriate stretching and strengthening exercises to protect joints and minimize pain
- The instructor-led group format must be led by a [certified WWE Leader](#) who is also certified in CPR.



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# Walk With Ease

Like

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### PREDICT YOUR JOINT PAIN

Predict your joint pain level based on the local weather

# Eligibility Criteria

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- OA Action Alliance funds will not be awarded to individuals.
- **Organizations already funded under this initiative in 2017 are also not eligible.**
- Funds will be made to employing entities, including community organizations, state/local/tribal health departments, 501(c)(3) nonprofit organizations, professional organizations, colleges, universities, and private corporations.
- Entities may only apply for one award.
- Entities that are not based in the United States may be awarded grants as long as the primary service area for work performed under the grant is located in the United States.

# Funding Requirements

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- The OA Action Alliance will fund up to 12 awards for up to \$5,000 each, for a project period of up to one year.
- Applicants must enroll a minimum of 150 participants in the English version of *Walk With Ease (WWE)*.
- There is no licensure fee for *WWE*, but certified *WWE* Leaders **MUST** be used for the instructor-led group format.
- OA Action Alliance funds will support the implementation of *WWE* only and will not support the development of new programs or implementation of other arthritis-appropriate evidenced-based programs.

# Funding Requirements (continued)

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- Funds **may** be used for:
  - *WWE* Leader training through [AFAA](#)
  - CPR training fees for *WWE* Leaders
  - Leader background checks
  - Purchase of *WWE* workbooks (grantees receive a special discounted price of \$4.95/book + shipping)
  - [Pedometers](#) (as incentives; also available through the Arthritis Foundation)
  - Printing of marketing materials (e.g., brochures, posters) and Leader Manuals
  - Postage
  - Instructor travel to sites for offering the program (maximum of \$500).
- **IMPORTANT NOTE:** Administrative costs may be requested, but not exceed 20% of the total budget.

# Project Requirements

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- Offer the *Walk With Ease* instructor-led group class.
  - Offering the self-directed format of WWE is optional, but strongly encouraged.
  - The Spanish-language version, *Camine Con Gusto*, is not funded under this initiative.
- Reach a *minimum* of 150 participants.
- Actively participate in monthly calls with OAAA and fellow grantees in order to discuss experiences, successful strategies and lessons learned.

# Project Reporting Requirements

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- Track and submit data each month using a pre-formatted Excel spreadsheet.
  - Participant Information Form
  - Post-Program Form
  - Site and Program delivery data
- Submit program offerings to be included in the Arthritis Foundation's Resource Finder
- Summarize project information in a short progress report (about 2 pages) at the mid-point of the project period and a brief final report (about 2 pages) no later than 60 days after the end of the funding period.

# Important Due Dates

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- **Email of Intent: Due August 15, 2017**
- **Prospective applicants are required to submit an email of intent.**
  - Once we have received your Email of Intent (EOI), we will send you a confirmation email that will include your own organization-specific link. **You will need this link in order to complete the online application.**
- **Email of Intent should include:**
  - Descriptive title of proposed project
  - Name of the lead organization and primary point of contact
  - Email address of primary point of contact
  - Program/s you propose to implement (*WWE* group-directed, *WWE* self-directed)
  - Potential numbers of participants you plan to reach with your program/s

# Important Due Dates (continued)

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- Application: Due October 16, 2017
- The project application will be available online.
- Remember, once we have received your **Email of Intent**, we will send you a confirmation email that will include your own organization-specific link to the online application.

**\* IMPORTANT NOTE! \***

- [You will need this link in order to complete the online application.](#)

# Application content areas:

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- Applicant information and contact information
- Persons responsible for oversight, data collection, reporting
- Statement of (American Disabilities Act) ADA-compliance and Liability insurance
- Readiness to offer *WWE*
- Marketing strategies to recruit participants
- Number and demographics of participants to be reached
- Number of:
  - leaders to be trained (if applicable)
  - instructor-led *WWE* Programs that will be offered
  - sites/locations where *WWE* will be delivered
- How *WWE* complements the applicant's existing program offerings

# Application content areas (continued):

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- Implementation of any novel strategies related to marketing, partnerships, coordination
- Description of applicant's community partners
- Methods for data collection, data security procedures
- Project timeline
- Description of measureable outcomes/anticipated reach
- Ongoing dissemination/sustainability plan
- Staff roles/responsibilities and bios
- Fidelity and quality assurance processes
- Budget
- Budget justification (explanation of costs, rationale with realistic estimates of costs)
- *Optional:*
  - Marketing Materials
  - Letters of Support

# Review Process/Evaluation Criteria

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- Peer review process and will be ranked according to merit.
- Each application will be evaluated on the following criteria reflecting the RE-AIM framework. More information is available at: [www.re-aim.org](http://www.re-aim.org))
  - **Reach:** likeliness that the proposed project will successfully reach the targeted number and demographics of adults with arthritis
  - **Effectiveness:** description of measureable outcomes; feasibility of completing stated project goals during the proposed timeline
  - **Adoption:** experience and expertise of the proposed team including the employees assigned to project; quality of work as demonstrated through submitted work samples engagement of key stakeholders and strength of partnerships, including OA Action Alliance;
  - **Implementation:** fidelity and quality assurance monitoring; data tracking plan clearly outlined
  - **Maintenance:** clear plans for ongoing dissemination and sustainability of project

# QUESTIONS?

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