

Encourage Participation in a Walking Program

The Arthritis Foundation's **Walk With Ease** (WWE) reduces the pain of arthritis and improves overall health among adults with osteoarthritis who have been inactive. The program complements clinical interventions by teaching people with OA how to safely make physical activity part of their everyday life.

WWE is a **CDC-recommended** arthritis appropriate evidence-based intervention that can have a positive impact. It is proven¹ to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in the ability to be physically active
- Improve overall health

Find WWE Near You

- Locate your local Arthritis Foundation office:
 - www.arthritis.org/local-offices
 - 800-283-7800
- AF Resource Finder
<http://resourcefinder.arthritis.org/>

The Program

WWE is a six-week program designed to be delivered in two formats: *instructor-led group* or *self-directed individual*. Both formats utilize a step-by-step workbook that includes:

- Motivational tools
- 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

"Physical activity is critically important for patients with OA, and is one of the few interventions that can reduce pain and improve function. With minimal effort, you can encourage your patients to engage in and maintain a more active lifestyle by simply referring them to the evidence-based WWE program."

- Amanda E. Nelson, MD, MSCR
Assistant Professor of Medicine

In-Person Group Format

- Taught by Arthritis Foundation trained leaders certified in CPR
- 12-15 participants/class
- Held in community-based settings (e.g. community centers, senior centers), healthcare settings, and worksites
- Offered for free or low cost to participants

Self-Guided Format

Should your patients prefer to do the self-directed format, they can purchase the Workbook in the Arthritis Foundation Online Store (<http://www.afstore.org/site/index-afstore.html>) for \$11.95.

Camine Con Gusto

The Hispanic version of WWE, *Camine Con Gusto*, is also available. A community trial testing *Camine Con Gusto* showed improvement in self-reported outcomes in Hispanics comparable to those found in non-Hispanic white and black individuals with self-reported arthritis.² *Camine Con Gusto* is offered only in the self-directed format.



Local Contact Information:



Tools, Mobile App, Videos and Materials

WWE Online Tools are available at <http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/online-tool/>.

Other WWE program materials, including those for *Camine Con Gusto*, are available at: <http://www.afstore.org> and at <http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

Know the Facts

More than **27 million adults** of all ages, races, and ethnicities have Osteoarthritis (OA). OA is:

- The most common form of arthritis
- **A leading cause of disability**
- An under-recognized public health crisis.
- Increasing dramatically, due to two important OA risk factors: ① the aging of 78.2 million Baby Boomers, ② the obesity epidemic.

Although no cures for OA exist, there are effective treatments for disease management, including:

- 1) Weight management
- 2) Injury prevention to prevent the onset
- 3) **Physical activity and self-management education for those with OA to improve symptom management and physical function.**³

Despite the well-known benefits of arthritis appropriate evidence-based interventions (AAEBIs), wide-spread integration of these necessary programs into key sectors (e.g., communities, businesses, health care) has been insufficient. Improved dissemination of AAEBIs could help in curbing the dramatically increasing prevalence, health impact, and economic consequences of OA.

References

1. Callahan, L., Shreffler, J., Altpeter, M., Schoster, B., Hootman, J., Houenou, L., Martin, K., & Schwartz, T. (2011). Evaluation of Group and Self-Directed Formats of the Arthritis Foundation's (AF) Walk with Ease (WWE) Program, *Arthritis Care & Research*, 63(8): 1098–1107. doi: 10.1002/acr.20490.
2. Callahan, L.F., Rivadeneira, A., Altpeter, M., Vilen, L., Hackney, B., Cleveland, R.J., Sepulveda, V., Reuland, D., & Rojas, C. (2016). Evaluation of the Arthritis Foundation's *Camine Con Gusto* Program for Hispanic Adults with Arthritis in North Carolina. *Hispanic Health Care International*, 14(3), 132-140. DOI: 10.1177/1540415316665202
3. Lubar D, White PH, Callahan LF, Chang RW, Helmick CG, Lappin DR, et al. A National Public Health Agenda for Osteoarthritis 2010. *Semin Arthritis Rheum* 2010;39(5):323-6.

