



Small Grants Program – 2015

Purpose: To engage community organizations and to advance the objectives of the 2011 report, [Environmental and Policy Strategies to Increase Physical Activity Among Adults With Arthritis](#), which focuses on the benefits of physical activity and ways to make it more convenient and accessible to people with arthritis. The strategies in this report, and its online companion [Implementation Guide](#), were designed to be implemented by organizations that work in and influence six key sectors: 1) community & public health; 2) health care professionals; 3) transportation, land use, & community design; 4) business & industry; 5) park, recreation, fitness & sport; and 6) mass media & communication. Successful applicants will implement strategies outlined in the Implementation Guide.

Program Facts & Milestones:

- Request for Applications published April 15, 2015 for small grants up to \$25,000
- 51 Letters of Intent submitted from 21 states nationwide by the May 15, 2015 deadline
- 38 Full applications submitted from 19 states by the June 15, 2015 deadline
- Over 3 weeks, 20 expert reviewers agreed to participate (of 27 queried) and completed extensive reviews of 4-5 grants each
- Awardees were announced on July 15, 2015

2015 Small Grant Awardees:

Arizona State University and the Salt River Pima-Maricopa Indian Community Wellness Program, WellPath: This project is a collaboration between faculty from the Exercise Science and Health Promotion Program in the School of Nutrition at Arizona State University and the Salt River Pima-Maricopa Indian Community Wellness Program, WellPath. WellPath is predominantly a worksite wellness program for employees (n=4,065) and dependents (n=4,032) in the Salt River and Pima Indian Community in Maricopa, AZ; however, community members are also eligible to use WellPath services. Nearly 22% of employees report a diagnosis of arthritis.

This project will evaluate the feasibility of implementing two evidence-based arthritis management programs – Fit and Strong! and the online Chronic Disease Arthritis Self-Management program (Better Health, Better Choices-Arthritis) – and the use of policy-based incentive strategies for participation within an established worksite wellness program, WellPath; and to examine policies within worksite settings that promote utilization of evidence-based programs.

Sectors: *Business & Industry, Community & Public Health.*

Associated Recreation Council of Seattle: The Associated Recreation Council (ARC) in Seattle, WA, works in close partnership with Seattle Parks and Recreation (SP&R) to deliver lifelong recreation programs citywide, with administration provided by the Lifelong Recreation Advisory Council. Currently, SP&R provides physical activity programming to more than 7,100 seniors. Despite this reach, the ARC is increasingly concerned with participants “aging out” of their programs due to arthritis pain or other physical limitations.

This project seeks to extend the reach and impact of the “Back in Motion Fitness Program” - an exercise program offered through SP&R. SP&R will leverage existing resources and reach of the system to reengage former users who have “aged out”; provide free parking to seniors; provide indoor and outdoor physical activity opportunities to people with arthritis across the city of Seattle; and market and promote these programs to improve reach and encourage participation. Programming will include Arthritis Foundation’s (AF) Walk with Ease and AEA’s AF Aquatic programs, EnhanceFitness, Tai Chi for Arthritis, Chair Yoga, citywide outdoor walking programs and other outdoor activity programs in partnership with the local non-profit, Outdoors for All Fdn. SP&R will also partner with the University of Washington Dept. of Rehab Medicine, Physical Therapy Program to develop curriculum, train staff and monitor program outcomes. Plans to promote program implementation, improve sustainability and market broadly are strong.

Sectors: *Community & Public Health; Park, Recreation, Fitness and Sport; Transportation, Land Use & Community Design; Mass Media & Communication*

Texas State University Employee Wellness Pilot Program: Texas State University (San Marcos, TX) is an Emerging Research University and designated Hispanic Serving Institution employing 5,000 individuals, 42% of whom are Hispanic. TSU reports that 69% of employees are overweight or obese, 59% are at risk for cardiovascular disease, 68% are ≥ 40y and 17% report musculoskeletal problems. Together with the 2009 Behavioral Risk Factor Surveillance System data indicating that 31% of Texans ages 45-64y have arthritis, there is a clear need for programming and resources to address these issues.

This project introduces multifaceted arthritis programming, such as general education for chronic disease, nutrition education and counseling for weight management, evidence-based physical activity (AEA’s AF Aquatics program, AF’s Walk With Ease), walkability ratings for on-campus routes and arthritis/chronic disease education and training for instructors, into an Employee Wellness Pilot Program. Arthritis-related classes and programming will be marketed to employees across both campus locations. This program has notable plans for implementation and sustainability, with outcomes extending to community programs in the San Marcos Activity Center and the San Marcos Consolidated Independent School District.

Sectors: *Business & Industry; Transportation, Land Use & Community Design; Mass Media & Communication; Community & Public Health*