

importance of early diagnosis and appropriate management, and current effective prevention strategies through statewide efforts.

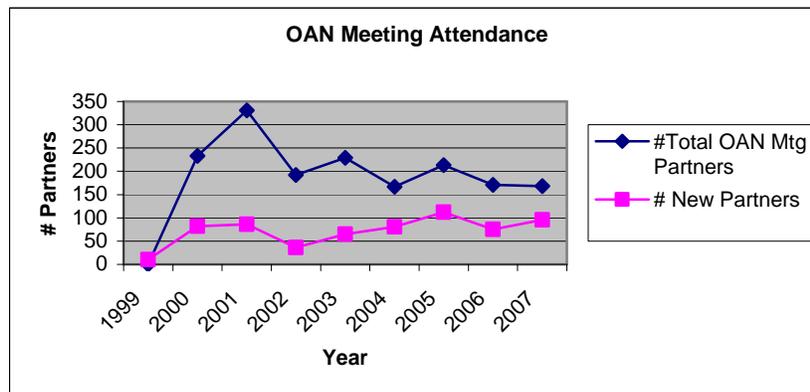
- **A regional training workshop was held in Boise City, Oklahoma, February 2007.** State health department arthritis programs and Arthritis Foundation Chapters in Colorado, Kansas, New Mexico and Texas were invited to participate. Master Trainer, **Bill Heaton, conducted the Arthritis Foundation Exercise Program Leader Training Workshop** sponsored by the Arthritis Foundation and the OSDH Arthritis Prevention and Education Program.

Capacity Building

1999 – 2007 The Oklahoma Arthritis Network (OAN), a statewide coalition, advocates for people affected by arthritis. Membership numbers reflect those individuals/organizations who attend OAN meetings. The number of partners reflected in the graph does not include partners who have never attended but collaborate with the OAN.

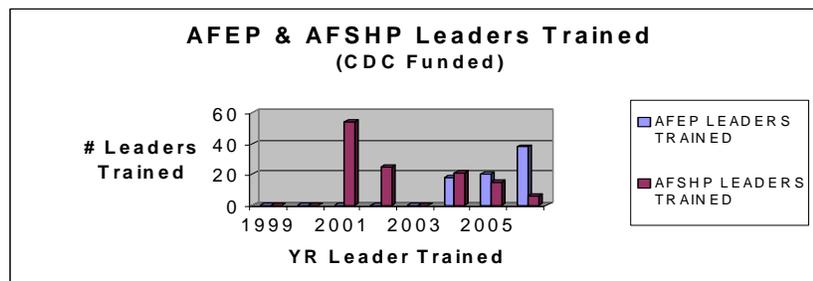
Of the 206 partners who have attended OAN Meetings, 23% have hosted AF Programs or have had AF program leaders trained.

OAN Partners

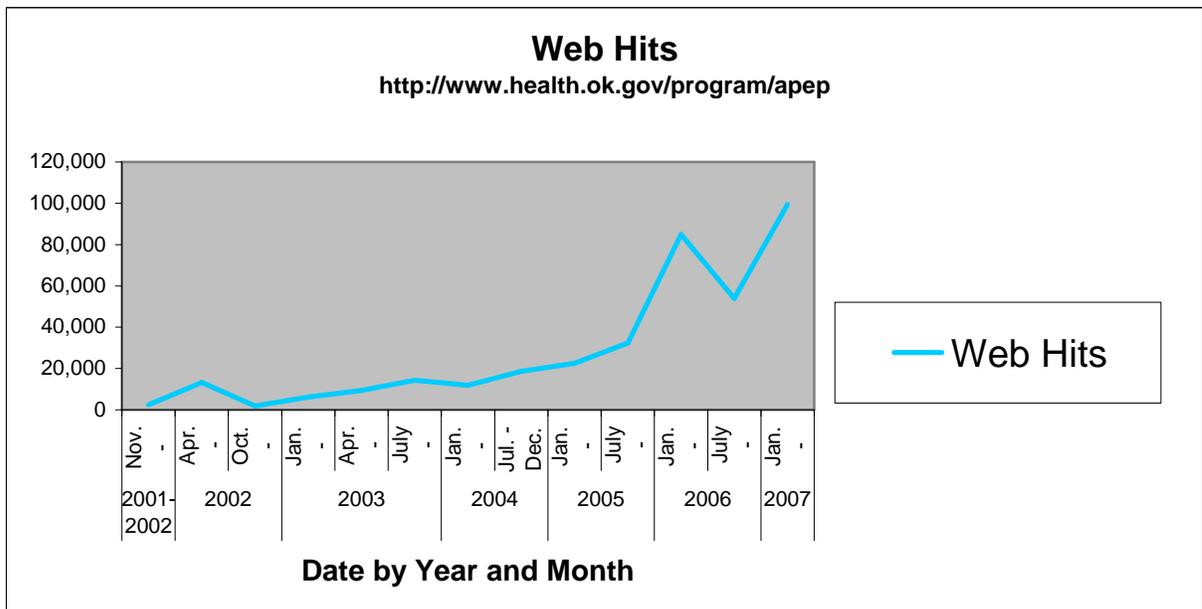
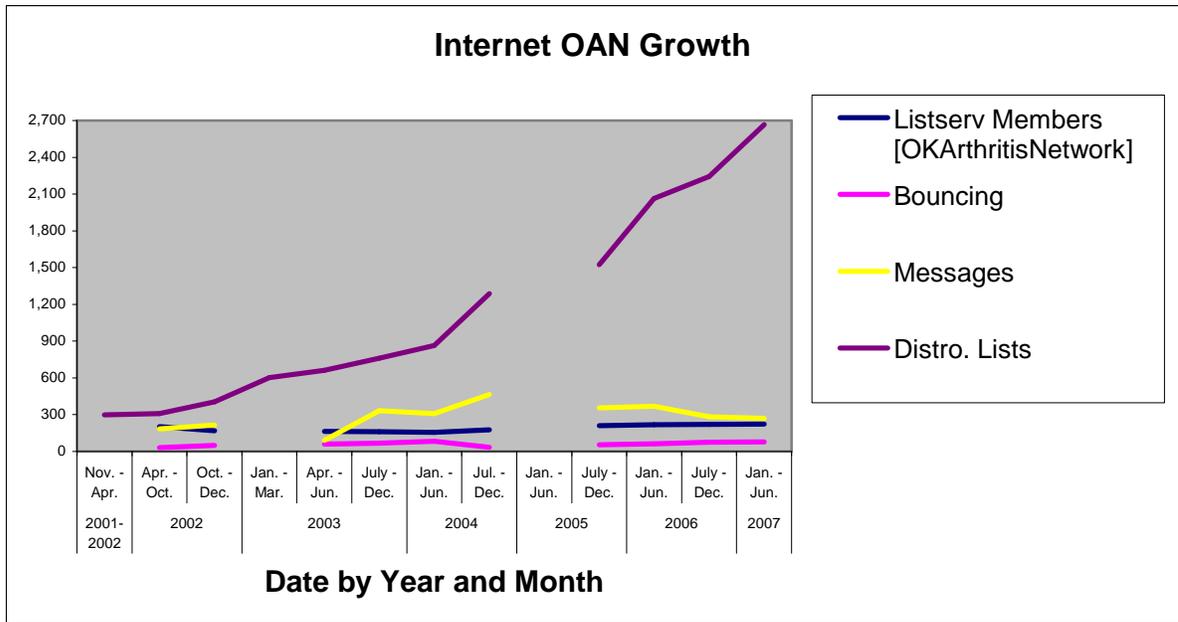


Evidence-Based Programs

- **Through a CDC Cooperative Agreement, OSDH Arthritis Prevention and Education Program has funded the training of over 197 Arthritis Foundation Exercise Program and Arthritis Foundation Self Help Program leaders since 2001.** Thus far this year, there have been 23 AFEPs and 3 AFSHPs conducted.



Electronic Communication Growth



HERE ARE OUR HUMBLE BEGINNINGS...

1999

- The **Arthritis Prevention and Education Program (APEP)** was established within the Office of Public Health Innovation located in the Oklahoma State Department of Health. Funding to support the program was through a cooperative agreement granted by the Centers for Disease Control and Prevention, September 29, 1999.
- **OAN Charter Meeting** – On December 3, 1999, Arthritis Foundation, Oklahoma Lupus Association, Oklahoma State Department of Health along with other organizations and individuals from the community-at-large met for the first time. Twenty-three organizations and individuals were invited; ten organizations participated
- **Oklahoma County Health Department Administrators and District Nurse Managers** were contacted announcing the establishment of the Arthritis Prevention and Education Program and the statewide coalition, Oklahoma Arthritis Network, helped to facilitate communication with (68) county health departments representing (77) counties in our rural communities.

2000

- **OAN membership has increased.** Meeting attendance records and expansion of the postal and e-mail database capture these increases. Membership increased from 23 to over 185 member contacts when looking at these two sources.
- **OAN developed a formal organizational structure:** selected a chair, and formed three subcommittees to address 1) surveillance, 2) education & communication, 3) programs, policies & systems. Co-chairs for each committee were also selected. These individuals along with the OSDH Arthritis Prevention and Education Program coordinator are recognized as the steering committee. *These subcommittees are charged with getting feedback from members to write a state plan.*
- **OSDH Arthritis Prevention and Education Program Website Page** created with OAN mention, <http://www.health.state.ok.us/program/apep>
Now recognized as <http://www.health.ok.gov/program/apep>
- **OAN Listserv** – <http://www.okarthritisnetwork.listbot.com>
Responding to the suggestions of its members, a listserv (mass email network) was created. Open to anyone who has an interest in arthritis.



- **Logo** created to give the OAN an identity.
- **Behavioral Risk Factor Surveillance System (BRFSS)** has introduced questions about arthritis, additional surveillance include:
 - Occupational therapists were informally surveyed to assess rehabilitation treatment practices. Results indicated that there were few occupational therapists and assistants

- aware of the Arthritis Foundation evidence-based programs. There was a strong interest conveyed in making leader-training workshops available to this health profession.
 - First OAN assessment conducted reflecting April 2000 – October 2000. Positive responses overall. (Assessment conducted annually)
- Special Survey conducted in December 2000, **1410 physicians across Oklahoma** were contacted to answer questions related to their patient populations, their referral patterns and the challenges facing them in providing effective arthritis care. Medical doctors and doctors of osteopathy of different specialties responded.

2001

- **2001 American Occupational Therapy Association (AOTA) – Philadelphia, PA**
OSDH Arthritis Prevention and Education Program in collaboration with the Arthritis Foundation was accepted to present on the development of the Oklahoma Arthritis Action Plan. It emphasized the importance of the involvement of all occupational therapists throughout the United States – April 22, 2001.
- The **Indian Health Service shared inpatient and ambulatory care data** from seven hospitals and 36 ambulatory clinics operated by the Indian Health Service within Oklahoma.
- **“Physicians and the OAN – Opportunities for Collaboration,”**
October 25, 2001 – Six physicians (osteopathic and medical doctors)
Robert Mahaffey, Chair, Council on Public and Mental Health, Oklahoma State Medical Association (OSMA); Norman Dunitz, President, Oklahoma Orthopedic Society; Carl Manion, Oklahoma Medical Research Foundation; Robert McArthur, MD (Rheumatologist), McBride Clinic; Charles Henley, DO, Chairman, Dept. of Family Practice, OSU College of Osteopathic Medicine; and Bernadine Tolbert, MD, Acting Chief Medical Officer, OKC Area Indian Health Service. We are optimistic that this distinguished group of medical professionals will return to their organizations to encourage their colleagues to utilize OAN resources such as the Arthritis Foundation programs.
- Met with **General Motors’ occupational safety supervisor** about Arthritis Self Help Course.
- **Oklahoma Governor Keating proclaimed May as Oklahoma Arthritis Month.** OAN representatives visited state legislators informing them about OAN and our goals. This is the first of a series of annual Arthritis month proclamations by the Governor, the House of Representatives and the Senate.
- **STATE PLAN** - the Oklahoma Arthritis Action Plan, “Maximizing Ability, and Minimizing Disability ... in all Communities” has been completed, submitted to the CDC and distributed statewide to Oklahoma State Legislature, U.S. Senators and Representatives. state government agencies, and the Oklahoma Arthritis Network. Document was translated into Braille. Copy placed on OSDH Arthritis webpages.
- **OKC’s Pattye Moore is named National Chair of the Arthritis Foundation.**
- Over 115 health professionals and consumers were present at an **OAN collaborative continuing education seminar sponsored by the American Medical Women’s Association, Oklahoma State Department of Health and the Arthritis Foundation.** This event generated over \$4000. This seed money will serve as the genesis of an OAN Fund.

- Summer 2001, three **Arthritis Self Help Courses, “Train the Leader” Workshops** were initiated - Tulsa County Health Department, Comanche County Health Department, and the Pittsburgh County Health Department. There were only three ASHC leaders in Oklahoma with two being master trainers. These workshops were designed where county health department staff invited an external community partner to train with them. Fifty-six out of a maximum of 80 people completed the training workshops. Of those people trained, over 25 counties will have the potential to host a community course.
- **Public Health Oklahoma Client Information Systems (PHOCIS)** – This OSDH system is now capturing arthritis information that signifies where and when OSDH personnel are providing and/or participating in arthritis activities.

2002

- **New technology**, videoconferencing is utilized at OAN meetings to increase rural access and capacity. Thirty-seven of the 69 county health departments in our 77 counties are using this technology for a multitude of public health reasons. The utilization of videoconferencing was initiated in January 2002. This new technology has provided rural Oklahomans the ability to participate from their local county health department saving them time, money and energy.
- The Oklahoma Arthritis Network sponsors a **public forum on health care issues for Oklahoma’s gubernatorial candidates**, All Soul’s Episcopal Church Parish Hall, Oklahoma City, October 30, 2007.
- **Supplemental grant to study the feasibility of developing a population-based lupus registry** was successfully completed last summer in collaboration with the OSDH Chronic Disease Service, Oklahoma Medical Research Foundation, Oklahoma Lupus Association and many other statewide and community partners. Grant funding was denied.
- **The University of Oklahoma Department of Rehabilitative Sciences offered the graduate level selective, “Advanced Study in Arthritis.”** Sixteen occupational therapy and physical therapy masters’ level students participated and all were trained to be Arthritis Self Help Course leaders.
- Sandra Raymond, **Executive Director, Lupus Foundation of America** visits OSDH Arthritis Prevention and Education Program in March 2002. Focus of discussion was on future collaborations with Oklahoma Lupus Association.
- **Mary Mahoney Memorial Health Center announces it will pilot a model of primary care for arthritis patients.** The model’s purpose is to increase self-management and awareness within Oklahoma’s population living with arthritis.
- Registered nurse/gerontological specialist wrote story for *Oklahoma Chinese Times* about arthritis and the implementation of the Arthritis Self Help Course in Oklahoma.
- OAN receives a **\$5,000 educational grant from Pharmacia Corporation to analyze arthritis ambulatory care data** gathered by the US Public Health Service, OKC Area Indian Health Service from 1996-2001.

2003

- **Oklahoma ABLE Tech and AgrAbility** posted articles on the OK Cooperative Extension Service website and newsletter. Both organizations record calls received of those people with arthritis requesting resource information.
- **Oklahoma Employee Benefits Council State Wellness Program** – distributed several arthritis health articles and “What to Take for Arthritis Pain” brochures to over 37,000 state employees.
- **OASIS (Oklahoma Areawide Services Information system)** provides a statewide information and referral service that can help Oklahomans with special needs and other families in need find community resources. The OAN provided OASIS with partner profile information such as from the Arthritis Foundation, ABLE Tech, and the state/county health departments. These additional resources will better serve those individuals who may have arthritis.
- **Arthritis related questions integrated into Oklahoma Minority Behavioral Risk Factor Survey** conducted from April 2003 through December 2004.
- On May 27, 2003, a **front-page article in Oklahoma’s largest newspaper, *The Oklahoman***. The article was entitled, “*New treatments, drugs helping arthritis sufferers*” and featured an occupational therapist teaching a person with arthritis how to use a piece of assistive technology. The article reported the prevalence of arthritis and descriptions of types of arthritis. In a companion article entitled, “*Arthritis: Exercise, Activity Helps Manage Physical Pain.*” Our collaborative partners and their contribution to arthritis public health are featured. Teresa Brady, PhD, CDC senior Behavioral Scientist was interviewed by *Oklahoman* medical writer, Jim Killackey.
- An OAN partner volunteered his video cinematography skills/expertise to produce an OAN video titled, “**Arthritis Success Stories.**” **Karen Ross, MD, OUHSC Department of Geriatric Medicine** moderated this video. This video was used to provide testimonials from people living with various types of arthritis and who vary in age.
- **Annual American Society of Hand Therapists Conference, Hollywood, CA**
Melanie Trook, OTR, CHT presented to physical and occupational therapists about how the Arthritis Self Help Program complements the rehabilitation program of patients with different types of arthritis.
- “**Oklahoma Doesn’t Sit Still for Arthritis**” **physical activity workshop series** was activated to facilitate greater awareness of arthritis and greater participation in the Arthritis Foundation Exercise evidence-based programs in underserved communities. The Oklahoma Arthritis Network, in primary partnership with the Oklahoma State Department of Health, Arthritis Foundation, OU College of Medicine, and Oklahoma AgrAbility conducted four “Oklahoma Doesn’t Sit Still for Arthritis” physical activity workshop series.
 - November 15, 2003, “Oklahoma City Doesn’t Sit Still for Arthritis”, OKC
 - January 13, 2005, “Canadian County Doesn’t Sit Still for Arthritis,” El Reno
 - May 19, 2005, “Northwest Oklahoma Doesn’t Sit Still for Arthritis,” Alva
 - November 2, 2005, “The Panhandle Doesn’t Sit Still for Arthritis,” Guymon

2004

- **Oklahoma Arthritis Action Plan cited as one of Oklahoma’s 2004 Notable Government Documents** by the American Library Association’s Government Documents Roundtable and the Journal of Government Information.
- Trook, Melanie. (2004). **“Arthritis: A Broader Approach”** *Journal of Hand Therapy*, Volume 17, Issue 1, January-March 2004, Pages 81-82
- April –May 2004 OSDH Arthritis Prevention and Education Program **launched evidence-based health communications media campaign, “Physical Activity. The Arthritis Pain Reliever”** in the Oklahoma City metropolitan area. Radio, newspaper, interior/exterior bus advertisements, bus shelters and brochures were utilized. Special interviews were acquired with radio.
- **OAN Advisory Council formed**, met for the first time on October 20, 2004. Scheduled to meet annually. These individuals will influence the integration of goals and objectives within the Oklahoma Arthritis Action Plan into programs, policies and systems-at-large.
- **“Coming Together to Address Arthritis” was presented at the National Indian Health Board Annual Conference in Oklahoma City.**
- **Radio interviews** initiated with Oklahoma Center for the Advancement of Research Technology (OCAST), **“Oklahoma Innovations”** and on **“American Indian Living”** with David DeRose, MD, CompassHealth, Lifestyles of American, Ardmore. **Television interviews** on Trinity Broadcasting Station, **“Joy in Our Town”** and KSBI Channel 52 - News.
- **Oklahoma Arthritis Data Report, “The Painful Truth” was published.** The latest BRFSS data and the latest evidence-based interventions available in Oklahoma were of special focus.
- **OUHSC, MPH biostatistics and epidemiology graduate student, Ana Quintero, MD, pediatric rheumatologist interns** with the OSDH Arthritis Prevention and Education Program. She conducted an arthritis needs assessment for the Latino community living in the OKC metropolitan area.
- **Central Oklahoma Manufacturing Association** was presented **“Working through Arthritis: Winning Strategies”**
- Oklahoma Arthritis Prevention and Education Program (APEP) **meets with American Indian communities across Oklahoma. Over 28 tribes** have been impacted by the data and other information found in the Oklahoma Arthritis Data Report, **“The Painful Truth.”** Four Indian Health Board service units have been visited. Facilitated by the OKC Area Inter-Tribal Health Board.
 - The following service units were visited: Wewoka, October 19; Claremore, October 25; Lawton, November 4; Pawnee, November 18. All are interested in receiving more information and introducing information related to the AF programs into their communities. A combined 28 Oklahoma tribes were represented at these meetings to receive arthritis health information. Service units and the tribal representation are as follows: Wewoka -- **(2) Muscogee (Creek) Nation & Seminole Nation of Oklahoma;** Claremore -- **(10) Cherokee Nation, Muscogee (Creek) Nation, Eastern Shawnee Tribe, Miami Tribe of Oklahoma, Modoc Tribe of Oklahoma, Ottawa Tribe of Oklahoma, Peoria Tribe of Oklahoma, Quapaw Tribe of Oklahoma, Seneca-Cayuga Tribe of Oklahoma, & Wyandotte Tribe of Oklahoma;** Lawton -- **(8) Apache Tribe**

of Oklahoma, Caddo Nation of Oklahoma, Chickasaw Nation of Oklahoma, Comanche Nation, Delaware Tribe of Oklahoma, Ft Sill Apache Tribe, Kiowa Tribe, & Wichita and Affiliated Tribes; Pawnee -- (8) Iowa Tribe, Kaw Tribe, Osage Tribe, Otoe-Missouria Tribe, Pawnee Tribe, Ponca Tribe, Sac & Fox Tribe, & Tonkawa Tribe

2005

- **Jan. 1, 2005 – Front page article in *The Oklahoman*, “Struggling Past the Pain” “Arthritis Patients Find Hope on the Horizon”**
- **Champions of Health, “Ageless Hero” - Bill Heaton** was honored by Blue Cross and Blue Shield of Oklahoma, Oklahoma State Department of Health, Oklahoma State Medical Association, Oklahoma Hospital Association and Oklahoma Osteopathic Association for his efforts to improve senior health by bringing the Arthritis Foundation Exercise Program to communities in Northwest Oklahoma. Dallas Cowboy greats, Roger Staubach and Drew Pearson presented the award.
- **Health Communications Campaign- *Buenos Dias, Artritis! No Me Venceras El Dia De Hoy!* CDC selected Oklahoma, California, Wisconsin, Florida and New York to pilot the Spanish-Speaking Media Campaign.** Sixty-three percent of adult Oklahomans living in the OKC metropolitan area responded that they had read or heard something about using physical activity to help beat their arthritis. The **Latino Community Development Agency and the Oklahoma City Hispanic Chamber of Commerce** were collaborative partners. Many businesses provided photos illustrating their display of campaign brochures, which was published in *Viva Oklahoma!* a special edition of *The Oklahoman*. Other special features were featured in *El Nacional*. Special interviews on television.
- **Betsy Replogle, patient advocate and OAN Chair receives Volunteer Service Award from the Oklahoma Public Health Association.**
- **OU COPH MPH graduate student intern developed arthritis fact sheets.** The Arthritis Prevention and Education Program is collaborating with the **Oklahoma Pharmacists Association to distribute these fact sheets to over 400 members pharmacy organizations.** An evaluation will follow to acquire their comments.
- **Birdie Johnson, CEO, Central Oklahoma Integrated Systems (COINS) receives the Exceptional Merit Award from the Oklahoma Public Health Association.** COINS provides specialty health services for those Oklahomans who are uninsured or underinsured. COINS was nominated by the OAN.
- Oklahoma, along with 3 other states, **conducted a special data collection in conjunction with the 2005 BRFSS** to help CDC learn more about people with "possible arthritis." People with possible arthritis reported joint symptoms in the past 30 days that began more than 3 months ago, but they did not report doctor-diagnosed arthritis. **Oklahoma was the site of the pilot test for the seven questions about possible arthritis.** Over 1,200 Oklahomans were surveyed for this special surveillance project.
- **Joint Arthritis Council/Chronic Disease Directors and CDC Arthritis Program review team** conducts a review of the Oklahoma Arthritis Prevention and Education Program on May 16-17, 2005.
- **Arthritis Resolution approved and adopted by the Oklahoma Public Health Association and the Oklahoma State Turning Point Council.**

2006

- **Arthritis is mentioned** in Oklahoma's **2006 State of the State Health Report**. It is mentioned in relation to osteoarthritis, obesity and physical activity. The first mention of arthritis in this report was in the 2004 edition.
- **Health Communications Campaign, "Buenos Dias, Arthritis! No Me Venceras El Dia De Hoy!" implemented in Tulsa** to coincide activities planned during Arthritis Month (May) and until August 2006. Spanish speaking populations in the Tulsa metropolitan area were introduced to arthritis public health messages that were heard and seen on two radio stations, **KIZS- 92.1 FM, "La Preciosa"** and **KXTD- 1530 AM, "Que Buena"**, **the sides of buses (Tulsa Transit)**, on bus benches and on shelters plus found in local newspapers, *El Nacional*. Brochures were also hand delivered to several community organizations throughout the city.
- OSDH Arthritis Prevention and Education Program launched **evidence-based health communications media campaign, "Physical Activity. The Arthritis Pain Reliever"** in the **Tulsa metropolitan area**.
- **The Oklahoma Arthritis Network is linked with the 2-1-1 system** by way of the Oklahoma Areawide Service Information System (OASIS), <http://oasis.ouhsc.edu/>. **OASIS was designated the toll-free number, 800-426-2747, used in Oklahoma's first arthritis health communications campaign** in 2003 because of their extensive database of agencies, organizations and programs throughout the state.
- Since 2003, the Arthritis Prevention and Education Program continues to inform **state legislators of Arthritis Foundation Self Help Programs** that are being initiated in their constituent areas and the number of constituents participating. This year we have added notification about the **Chronic Disease Self-Management Program and the EnhanceFitness Program**.
- Oklahoma volunteered to assist Stanford University and the University of North Carolina in the **Mail-Delivered Self Management Research Study** that would validate a self-study version of the Arthritis Self Help Program. With the help of our many collaborative partners, Oklahoma was one of the highest respondent rural states. California (n=35), Illinois (n=29), Alaska (n=28), North Carolina (n=28), **Oklahoma (n=28)**, Ohio (n=27) and then New York (n=21).
- Arthritis Prevention and Education Program collaborated with **the Alliance on Public Transportation and the Oklahoma Department of Transportation**. An article was submitted to the **Oklahoma Chapter of the American Planning Association's Spring 2006, Oklahoma Planner**. The arthritis public health message, **"Physical Activity. The Arthritis Pain Reliever"** was clearly stated and our collaborative partners in community design and planning announced where existing and planned walking and biking trails are located in the OKC metropolitan area. The article was entitled, **"Opportunities for a Healthier Oklahoma."**
- Posters distributed complement the "Physical Activity. The Arthritis Pain Reliever" health communications campaign. **Oklahoma Department of Tourism and Recreation sent posters to 50 state parks and lodges**. Seventeen Oklahoma rheumatologists, seventeen OKC metropolitan libraries and seventeen county health department health educators and wellness coordinators placed posters in medical clinics, convenience stores, city halls, courthouses, grocery stores and laundromats.