

June 20, 2024

Addressing Arthritis Through Physical Activity



Oklahoma State Public Health Approaches to Addressing Arthritis

- CDC Funded Cooperative Agreement for July 1, 2023-June 30, 2028
- The current **prevalence of arthritis** in Oklahoma is **30%** or **901,000** of the population with about **half** of those individuals reporting **arthritis-attributable activity limitations**.

Arthritis Fast Facts

Arthritis is a **leading cause** of work disability among US adults.

Arthritis is **common** among people with **other chronic conditions** including obesity, diabetes, and heart disease.

There is no cure for arthritis, but it can be **treated and managed**.

Managing arthritis symptoms is important to reduce pain, prevent or delay disability, and improve overall quality of life.

Arthritis and Physical Activity

- Participating in joint-friendly physical activity could improve arthritis pain, function, mood, and quality of life
- Joint-friendly physical activities are low-impact, they put less stress on the body, and reduce the risk of injury
- Examples of joint-friendly activities are walking, biking, dancing, and swimming



➤ Strategies & Outcomes

STRATEGY 1: Establish capacity and infrastructure to sustainably and equitably disseminate AAEBIs

STRATEGY 2: Raise awareness about arthritis management strategies among healthcare providers (HCPs)



Short-term Outcomes:

- Increased AAEBI enrollment resulting from sustainable strategies
- Increased availability and accessibility of AAEBIs
- Increased awareness about the benefits of AAEBIs and Physical Activity counseling for arthritis



Intermediate Outcomes:

- Increased number/percent of adults with arthritis who get provider counseling about physical activity for arthritis management
- Improved arthritis management behaviors, including among populations disproportionately affected by arthritis



Long Term Outcomes:

- Decreased disparities in arthritis management and outcomes among adults with arthritis





Walk with Ease

Walk with Ease (WWE)

- The Arthritis Foundation's program is a community-based physical activity and self-management education program. This is evidence-based.
- Walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies.
- The program includes a participant guidebook and a walking schedule to get participants safely moving toward better health

Walk with Ease

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

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



► Walk with Ease

- 25 Certified Walk with Ease Leaders
- 6 Community Classes being offered in June
- Ongoing Self-Directed Class
- Class locator: <https://oklahoma.gov/health/health-education/community-outreach/community-development-services/community-analysis-and-linkages/health-promotion/arthritis-program/walk-with-ease.html>



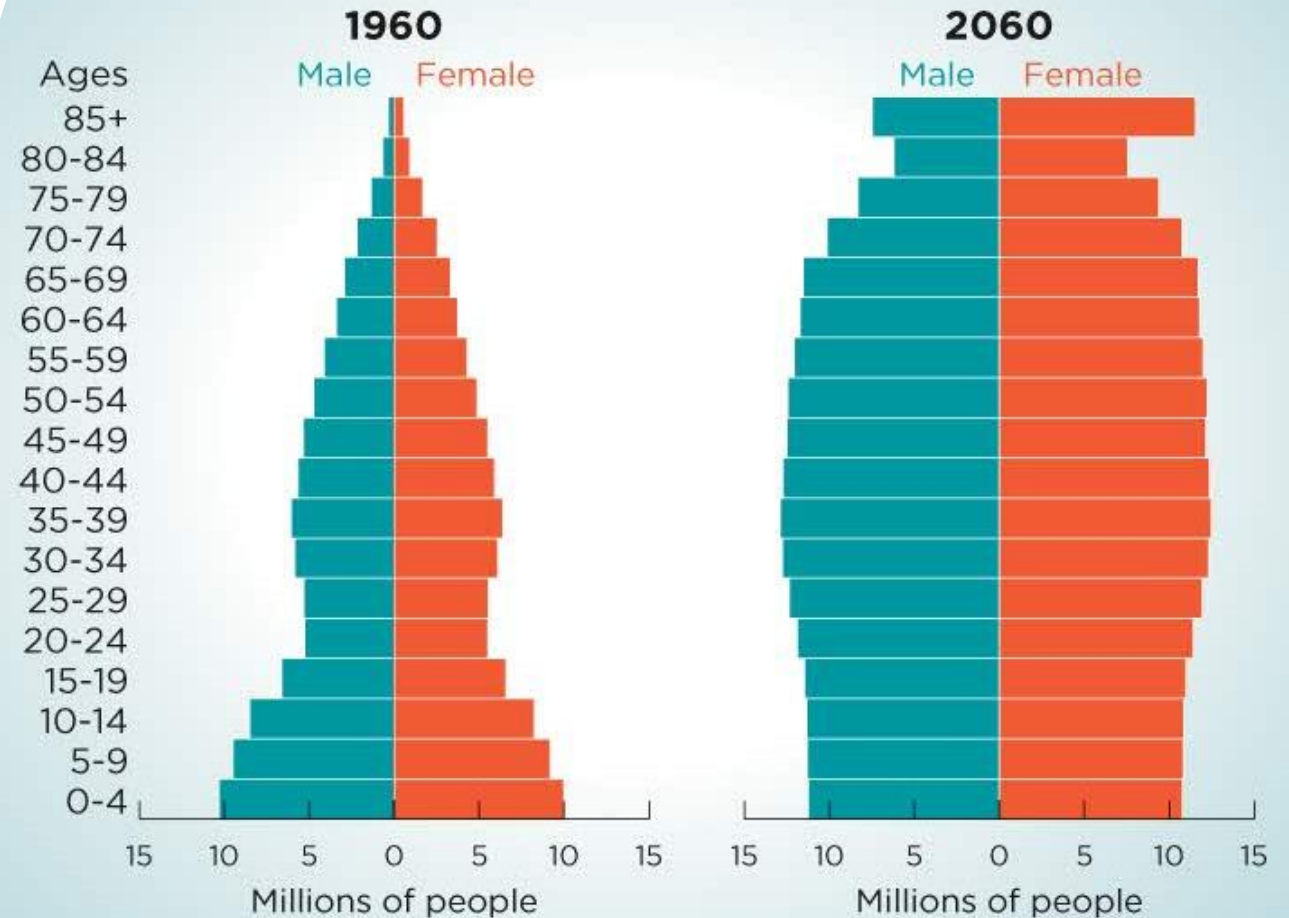
**Arthritis and Falls:
Understanding the Connection
and Protecting Your Well-Being**

Fastest Growing Population

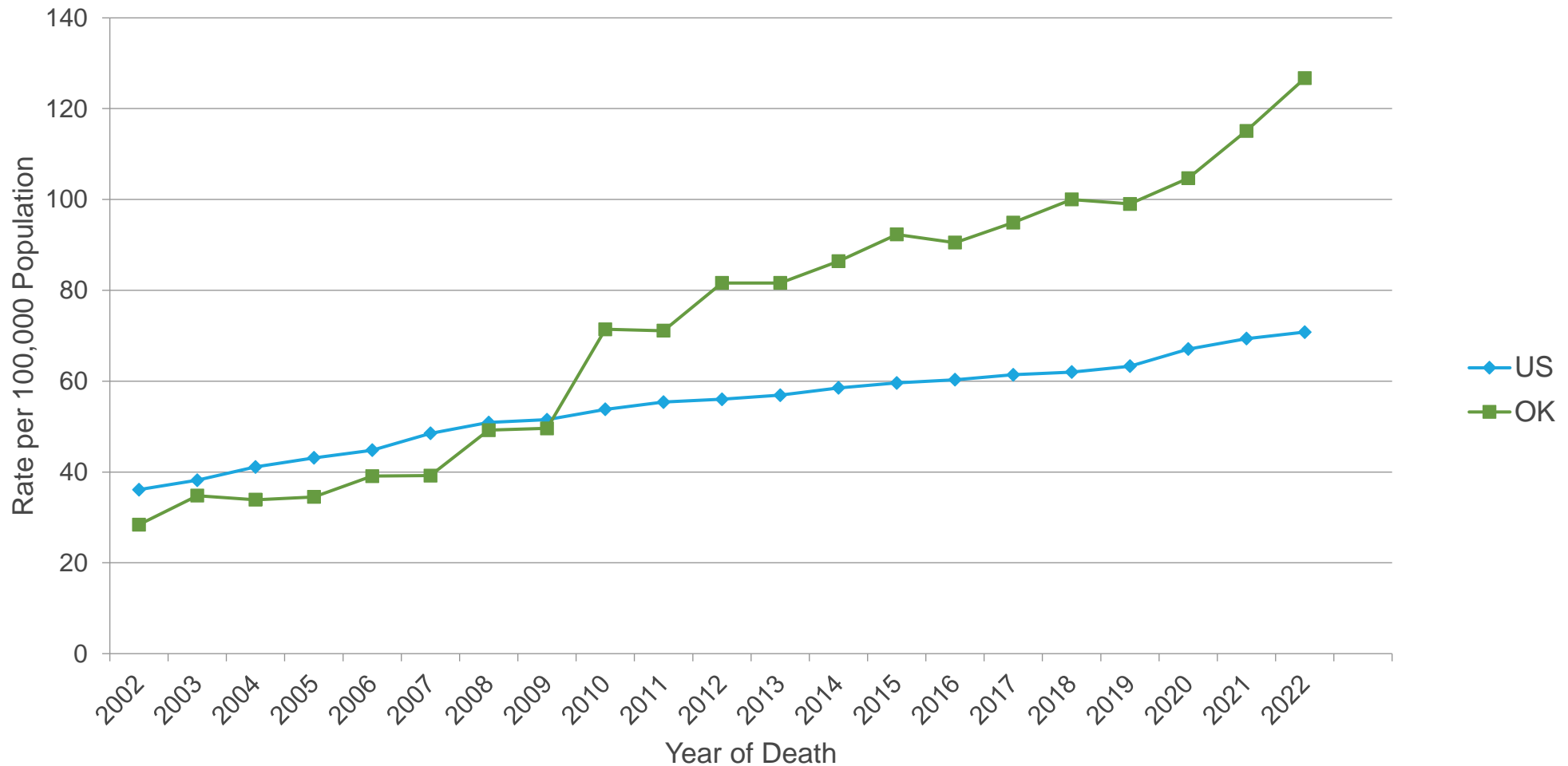
- 65 and older population grows rapidly as Baby Boomers age
- By 2030, more than 37 million people, or 60% are expected to be living with more than one chronic condition
- The aging population presents new patterns of work and retirement and new social and economic challenges

From Pyramid to Pillar: A Century of Change

Population of the United States



Unintentional Fall-related Mortality Rates Among Persons 65 Years and Older, United States and Oklahoma, 2002-2022



What is the Relationship Between Fall Risk and Chronic Disease?

Comorbid Health Conditions:	Risk of a First Time Fall:	Risk of Recurrent Falls
Fall risk increases as the number of chronic medical conditions increase.	Medical history of stroke, chronic kidney disease, depression, diabetes, and arthritis	Previous history of falls, impaired balance and gait, taking multiple medications, depression, anxiety and the fear of falling.



Healthy Aging: Preventing Falls and Managing Arthritis

- **Stay Active:** Engage in regular physical activity to maintain joint flexibility, strength, and balance. Activities may include walking, swimming, or gentle exercises.
- **Participate in Evidence-Based Interventions:**
 - Stay Active and Independent for Life (SAIL)
 - Tai Chi for Arthritis and Falls Prevention
 - Tai Chi: Moving for Better Balance (TCMBB)
- **Reduce Polypharmacy:** Review and discuss your medication history with your doctor or pharmacist and try to fill as many prescriptions as possible at the same pharmacy to better monitor potential interactions and contraindications.
- **Eye Exams:** Ask your doctor to check your eyes at least once a year and update lenses as needed.
- **Improve Home Lighting:** Keep rooms brightly lit. Night lights or a lamp within arm's reach of the bed are a great choice for middle-of-the-night needs.
- **Reduce Home Hazards:** Most falls occur at home. Make sure pathways are clear and clean. Utilize the home safety check-list at [Oklahoma.gov/health/falls](https://www.oklahoma.gov/health/falls).



Stay Active and Independent for Life (SAIL)

- Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 years and older.
 - Participants improve balance and mobility, reduce their risk of falls and improve their quality of life while socializing and meeting new people.
 - Trained and experienced instructors teach the class.
 - Classes are tailored to older adults who are active and wish to maintain or increase their fitness level.
- **Each SAIL class includes:**
 - A warm-up
 - Stretching
 - Cardio
 - Balance exercises
 - Strengthening exercises
 - A cool-down



a strength, balance, and fitness class for adults 65+



Tai Chi for Arthritis and Falls Prevention

- Tai Chi for Arthritis and Falls Prevention is a program that helps people with or without arthritis to improve balance, both mentally and physically, which helps significantly reduce the rate of falls experiences by older adults.
- **Benefits Include:**
 - Improved balance
 - Increased muscular strength
 - Improved mobility
 - Increased flexibility
 - Improved psychological health



Tai Chi: Moving for Better Balance (TCMMB)

- Tai Chi is a centuries-old Chinese practice designed to exercise the mind and body through a series of gentle, flowing postures.
 - Simplified 24-form Tai Chi
 - Reduced falls by 55%
- **Benefits of TCMBB:**
 - Improved balance
 - Improved lower-extremity strength
 - Improved physical performance
 - Preventing falls and injurious falls
- The OSDH Injury Prevention Service provides TCMBB instructor trainings. To learn more about this free two-day training contact AvyD@health.ok.gov or MadelynM@health.ok.gov



Tai Chi Success Stories

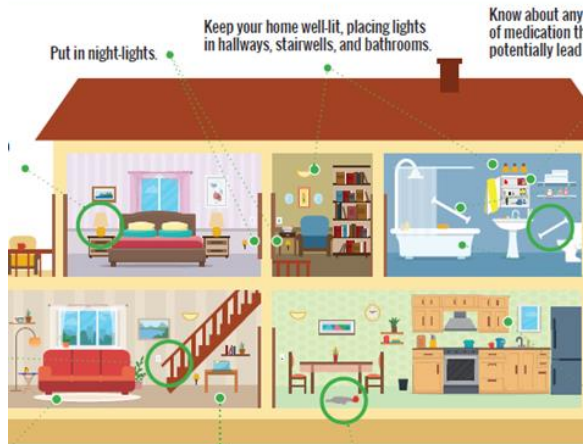
- “Tai Chi has significantly improved my balance and flexibility. My joint stiffness has also improved. I am a widow who lives alone on an acreage, so it is important to me to maintain my ability to live alone and maintain my property for as long as possible. Moreover, the practice is a stress reliever and provides me the incentive to get out of the house and do something with other people. I feel Tai Chi has improved my ability to live independently for a longer time.” – *TCMBB* participant
- “I have Parkinson’s and due to this condition, I am very unstable. I am in my second 12-week session. Tai Chi has made a big difference in my awareness of how I walk. It has strengthened my legs, and my endurance for activities has increased. I am a believer in this program and have encouraged friends and family to be involved.” – *TCMBB* participant

Educational Materials

Home Safety Guide

PREVENTING FALLS

Unintentional falls are the leading cause of injury death among 65 years and older. Most falls occur at home and happen in predictable, preventable ways. Here are home safety tips to keep you or your



Use mats or use to secure them. Clear walkways of clutter, electrical cords, etc. Clean up spills once they happen.

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MEDICATION SAFETY TIPS FOR SENIORS



TO HELP PREVENT SERIOUS COMPLICATIONS, EVEN DEATH, HERE ARE A FEW TIPS ON TAKING MEDICATIONS SAFELY:

REVIEW

YOUR MEDICATION HISTORY
Gather all the prescription, over-the-counter (OTC), vitamin, and herbal supplements that you take, and bring them to every doctor appointment or keep an updated list in your wallet to use as a discussion tool with your doctor or pharmacist.

TALK

TO YOUR DOCTOR OR PHARMACIST FIRST
Add OTC products to your medication schedule only after talking to your doctor or pharmacist. Many OTC medications including cold remedies, pain relievers, sleep aids, antacids, and even mineral supplements can cause adverse reactions or interact negatively with prescription medications.

DON'T WAIT!

NOTIFY YOUR DOCTOR PROMPTLY of any adverse symptoms (stomach upset, diarrhea, difficulty urinating, constipation, forgetfulness, skin irritation, dizziness, etc.) that you experience, especially after starting any new medications.

FOLLOW

ALL DIRECTIONS
Make sure you know each medication's purpose; amount to take; best time to take it; whether to take it with or without food; and any storage requirements. Also know the potential side effects and what to do if they occur.

USE

MEMORY TIPS
Reminder systems including a daily pillbox, calendar or chart will help ensure that you take medications as directed.



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TAKE

MEDICATION ONLY AS NEEDED
Some medications for short-term use treat certain symptoms that are expected to stop. If the symptoms persist, not your doctor promptly.

CAUTION

READ AND FOLLOW all precautions or medication labels. Often are shown as illustrations or symbols.

TELL

ALL DOCTORS WHAT THE OTHERS HAVE PRESCRIBED
Make sure your primary doctor knows of any medications prescribed by other doctors or specialists, and vice versa.

FEWER

PHARMACIES FEWER PROBLEMS
Try to fill as many prescriptions as possible at the same pharmacy or chain to better monitor any potential interactions and contraindications.

KEEP

INTRODUCING YOURSELF
Be careful upon admittance and discharge from a hospital, nursing home or emergency room. Make sure all the various health professionals know you, your medical history and medication schedule. Request a full explanation, preferably in writing, or change they make to your medication.

BEWARE

OF "DROWSY" MEDICATION
Some medications cause drowsiness and can increase the chance of falling. Do if you take such medications, ask your doctor if there are safer alternatives.

Injury Prevention Brief PREVENTING FALLS

Every week, 9 older adults die and 124 are hospitalized from a fall-related injury in Oklahoma.



ENVIRONMENT

Most falls happen in homes and are entirely preventable.

- All rooms in homes should be well-lit. Put in brighter light bulbs, and install night lights.
- Clutter and tripping hazards cause falls. Make sure all pathways are clear and clean.
- Stairwells should be well-lit, clear of objects and have handrails on both sides.
- Put grab bars next to and inside the tub and next to the toilet. Use non-slip mats in the bathtub and on shower floors.



HEALTH

Older adults with hip or bone weakness, arthritis, osteoporosis and blood pressure fluctuation are more prone to falls.

- Ask your doctor to assess your risk of falling.
- Share your history of recent falls.
- Get your vision and hearing checked annually.



MEDICATION

Many medications have side effects that can affect an older adult's coordination and balance or cause dizziness, confusion or sleepiness.

- Ask a doctor or pharmacist to review all medications, including prescriptions, over-the-counter medicines, vitamins, and minerals.
- Make sure medications are properly labeled and there are clear instructions for usage.



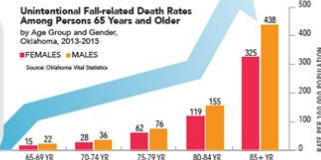
EXERCISE

Oftentimes, older adults fear that exercise may lead to a fall, but regular physical activity is the first line of defense against falls and fractures.

- Many communities offer group exercise classes, such as water aerobics and Tai Chi, which use slow, flowing movements to help relax and coordinate the mind and body.
- Mild weight-bearing exercise, like walking or climbing stairs, helps slow bone loss from osteoporosis and increase muscle strength.

Did You Know?

Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and loss of physical fitness, which in turn increases their actual risk of falling.



HOME FALL PREVENTION CHECKLIST

Unintentional falls are the leading cause of injury death among adults aged 65 years and older. Most falls occur at home and happen in predictable, preventable ways. Use the checklist below to keep you or your loved one safe. Learn more: falls.health.ok.gov



Bedrooms: Look at all your bedrooms.

- Is the light near the bed hard to reach?
 - Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to the bathroom dark?
 - Put in a night-light so you can see where you're walking.



Kitchen: Look at your kitchen and eating area.

- Are the things you use often on high shelves?
 - Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
- Is your step stool unsteady?
 - If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.



Rooms and Hallways: Look at the floor.

- When you walk through a room or hallway, do you have to walk around furniture?
 - Ask someone to move the furniture so your path is clear.
- Do you have throw rugs on the floor?
 - Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?
 - Pick up things that are on the floor. Always keep objects off the floor.
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?
 - Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.



Falls Free CheckUp

Falls Free CheckUp

Stay healthy and independent by checking your risk for a fall.

English

Falls are not a natural part of aging. Even if you're healthy or have talked with your health care provider, it's important to check your risk. There are many steps you can take to prevent a fall. Answer 13 simple questions to get your falls risk score and resources to prevent falls.

Optional

Whose information will you be providing? ⓘ

Choose one

I have fallen in the past year. * ⓘ

- Yes
 No

I use or have been advised to use a cane or walker to get around safely. * ⓘ

- Yes
 No

Sometimes I feel unsteady when I am walking. * ⓘ

- Yes
 No

I steady myself by holding onto furniture when walking at home. * ⓘ

- Yes
 No

I am worried about falling. * ⓘ

- Yes
 No

I need to push with my hands to stand up from a chair. * ⓘ

- Yes
 No

I have some trouble stepping up onto a curb. * ⓘ

- Yes
 No

I often have to rush to the toilet. * ⓘ

- Yes
 No

I have lost some feeling in my feet. * ⓘ

- Yes
 No

I take medicine that sometimes makes me feel light-headed or more tired than usual. * ⓘ

- Yes
 No

I take medicine to help me sleep or improve my mood. * ⓘ

- Yes
 No

I often feel sad or depressed. * ⓘ

- Yes
 No

Save & Continue



MyMobility Plan

MySelf | A plan to stay independent



Staying healthy and managing chronic conditions help maintain your mobility.

To start building your plan, complete the checklist below.

- Get a physical checkup each year.**
Some health issues may increase your risk of falling (such as leg weakness and balance problems).
Last Exam Date: _____
Next Exam Date: _____
- Get a medical eye exam each year.**
Eye problems can increase your risk of falling or being in a car crash.
Last Exam Date: _____
Next Exam Date: _____

- Review all your medicines with a doctor or pharmacist.**
Certain medicines can have side effects that can change your ability to drive, walk, or get around safely. To learn more, go to: <https://go.usa.gov/xPADs>

MyMobility Tip 

Good eyesight is about more than 20/20 vision. For example, you need to see well in the dark to drive safely at night.

Get a medical eye exam each year and address any issues.

- Follow a regular activity program to increase your strength and balance.**
Strength and balance activities, done at least 3 times a week, can reduce your risk of falling. Other activities, like walking, are good for you, but don't help prevent falls. Visit the National Institute on Aging's website for suggestions: www.go4life.nia.nih.gov/exercises

Strength Activity		Balance Activity	
Exercise	Start Date	Exercise	Start Date
Chair stand	Next Monday	Tai Chi	Next Monday



1 in 4 adults now 65 will live to 90+

MyMobility Plan

What can you do to stay independent?

Many people make financial plans for retirement, but not everyone plans for other changes that may come with age. This includes changes in your mobility—your ability to get around.

It's not easy to talk about, but as we get older, physical changes can make it harder to get around and do things we want or need to do—like driving, shopping, or doing household chores.

You might not have mobility problems now, but you could in the future. You may even know others who already do—perhaps a parent, relative, friend, or neighbor. While it may not be possible to prevent all of these changes, there are actions you and your loved ones can take today, and as you age, to help keep you safe and independent tomorrow.

There may be a time when you still need to get around, but can no longer drive.

MySelf
A plan to stay independent

MyHome
A plan to stay safe at home

MyNeighborhood
A plan to stay mobile in my community



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

**Make a plan today.
Stay independent tomorrow.**

MyHome | A plan to stay safe at home



To continue your plan, schedule a time to go through the following home safety checklist to help prevent falls.

Check the FLOORS in each room and reduce tripping hazards:

- Keep objects off the floor.
- Remove or tape down rugs.
- Coil or tape cords and wires next to the wall and out of the way.

Check the KITCHEN:

- Put often-used items within easy reach (about waist level).
- For items not within easy reach, always use a step stool and never use a chair.

Check the BEDROOMS:

- Use bright light bulbs.
- Place lamps close to the bed where they are within reach.
- Put in night-lights to be able to see a path in the dark. For areas that don't have electrical outlets, consider battery-operated lights.

Check inside and outside STAIRS and STEPS:

- Check for loose or uneven steps. Repair if needed.
- Make sure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads.
- Check for loose or broken handrails. Repair if needed.
- Consider installing handrails on both sides of the stairs.
- Use bright overhead lighting at the top and bottom of the stairs.
- Consider putting light switches at both the top and bottom of the stairs.

Check the BATHROOMS:

- Put non-slip rubber mats or self-stick strips on the floor of the tub or shower.
- Consider installing grab bars for support getting in or out of the tub or shower, and up from the toilet.

MyMobility Tip 

Falls are more likely when wearing inappropriate footwear, such as flip flops that don't cover the heel. Wear safe shoes that fit well, have a firm heel to provide stability, and have a textured sole to prevent slipping.

For more home modification information and resources: <https://go.usa.gov/xUEs3>



The Intersection Between Injury Prevention and Chronic Disease Management

- Injury prevention and chronic disease management are interconnected. Building and strengthening partnerships will help leverage state and local programs and funding opportunities to support :
 - Education and outreach
 - Implementation of evidence-based programming
 - Campaigns (Still Going Strong)
 - Community-Clinical Linkages (STEADI)
 - Coalition engagement
 - Age-friendly communities

A Roadmap to Reducing Older Adult Falls
Falls are a major threat to the health and independence of aging Oklahomans. The consequences of a fall can be devastating, resulting in serious injury or death, in addition to high medical costs. The goal of the roadmap is to increase community-based fall prevention programming statewide to reduce fall-related morbidity and mortality. Successful implementation of the roadmap will have a positive impact on the health and safety of older adults, and give them the ability to age without injury.

Address Age-Related Social Determinants of Health

- Foster a paradigm shift to emphasize the importance of age-friendly communities and active aging.
- Develop and integrate culturally appropriate approaches to serve diverse older adult populations.
- Reduce health disparities driven by social and economic inequities.

Increase Availability of Evidence-Based Fall Prevention Programming

- Increase the number of communities offering evidence-based fall prevention programs, such as Tai Chi: Moving for Better Balance, Stay Active and Independent for Life, and Matter of Balance and identify opportunities to reduce barriers to participation.
- Collaborate with libraries, wellness centers, faith-based organizations, nutrition sites, and local aging services (e.g., Area-wide Aging Agencies, AARP, and Meals on Wheels) to offer evidence-based falls prevention programming in their community.
- Increase awareness and distribution of fall-related educational materials.
- Support innovative strategies to healthy aging through evidence-informed programs that take a lifespan approach.

Engage and Support Providers and Health Systems

- Increase the number of healthcare providers, including pharmacists, utilizing the Stopping Elderly, Accidents, Deaths and Injuries (STEADI) toolkits and resources to integrate fall prevention into routine clinical practice.
- Support opportunities to increase patient engagement and integrated care.

Enhance Communication to Expand Collaboration

- Identify opportunities for collaboration and networking among traditional and non-traditional partners.
- Increase awareness of and participation in





Arthritis Program

Tai Chi: Moving For Better Balance

Walk With Ease

Self-Management Education
Materials

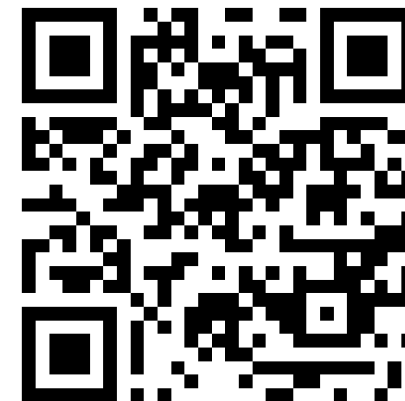
Resources

Arthritis Program












The purpose of the arthritis program is to increase availability and accessibility of arthritis appropriate evidence-based interventions (AAEBIs) and to provide arthritis-

**Arthritis Webpage -
oklahoma.gov/health/arthritis**



Partners

<p>County Health Departments</p>	<p>Norman Regional Health System</p>	<p>Certified Behavior Community Health Centers (12 centers)</p>	<p>THRIVE</p>
			
<p>Mercy Kingfisher, Watonga and Logan County locations</p>	<p>Duncan Regional Hospital/Pathways Coalition</p>	<p>OSU Cooperative Extension Services</p>	<p>Oklahoma Foundation for Medical Quality</p>
			
<p>Oklahoma Areawide Aging Agencies</p>	<p>Cherokee Nation</p>	<p>YMCA of Greater Oklahoma City</p>	<p>YMCA of Greater Tulsa</p>
			



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