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Expanding Evidence-based Arthritis Interventions In New York State

Author (s)

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Objective

To expand the use of evidence-based interventions in New York State by raising awareness and providing support for implementing sustainable programs.

Evidence-based Arthritis Interventions

Though arthritis cannot be cured, its symptoms can be managed and its progression slowed by methods other than medical intervention. Comprehensive evaluations of several programs have demonstrated practically significant benefits to participants, including improvement in symptoms such as pain and stiffness as well as a reduction in average number of physician visits. They are the Arthritis Foundation (AF) Self Help Program, the AF Exercise Program, the AF Aquatics Program and the Chronic Disease Self-Management Program.

Methods/Approach for Promoting Evidence-Based Interventions

Two different methods for promoting adoption of evidence-based programs, marketing and a competitive funding process, will be presented. An Arthritis Brief specifically describing arthritis prevalence in 43 counties/regions of New York State and an Arthritis Fact Sheet will be made available to increase consciousness of state and local arthritis burden and increase awareness of evidence-based interventions. Additionally, the Arthritis Program will provide support for implementing evidence-based programs by awarding funding to successful applicants via a competitive Request for Applications (RFA) process. The RFA dissemination will target systems with access to relevant populations and multiple local partners.

Conclusion

Promoting evidence-based approaches in public health remains a key challenge. However, strategies exist for promoting adoption of proven interventions within communities. Attempting to imbed evidence-based approaches within systems holds promise as an opportunity to increase reach and ensure sustainability of programs.