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## **Increasing the Reach of NYSDOH Arthritis Program Evidence-Based Interventions**

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One of the goals of the NYS Department of Health Arthritis Program is to increase the reach of six evidence-based arthritis intervention programs that promote increased physical activity and better management of the symptoms and disability related to arthritis such as the Arthritis Foundation Exercise Program (AFEP) and the Chronic Disease Self Management Program (CDSMP). During this internship I have worked on several projects to help the program work toward this goal. Currently both AFEP and CDSMP are being implemented in Columbia County. To determine whether these programs were successfully recruiting and retaining a diverse population of program participants process evaluation tools were created to measure program reach, fidelity, and course participant and leader satisfaction. I also worked on creating a new logic model for the Arthritis Program so that it better reflected Arthritis and Health goals set by the CDC. Additional efforts to increase the reach of the six evidence-based programs included developing materials to advertise these programs to potential partners who can offer the programs, helping score applications from organizations who responded to RFAs (Request for Applications) regarding the implementation of the programs, helping write portions of a grant application seeking funding to implement CDSMP, and participating in meetings to build relationships with new potential partners.