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## **Promoting and Evaluating Self-Management Among Individuals with Arthritis: Expanding Reach of Evidence-Based Interventions**

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Background: Arthritis and related diseases are the number one cause of disability in NYS and the nation. Approximately 3.7 million adults in NYS have some form of arthritis, of those 1.4 million are aged 65 and older. These numbers will increase as the population continues to age.

The New York State Department of Health Arthritis Program (AP) offers and promotes evidence-based interventions which are designed to improve the health status of individuals through self-management techniques. The AP provides funding to contractors to implement these programs within their organizations.

Objectives: (1) Input and analyze Reach data collected from contractors; (2) Prepare Reach reports to disseminate to project sponsor; (3) Increase sponsorship of self-management programs among organizations for individuals with arthritis; (4) Assist in development of dissemination models.

Methods: Reach data has been analyzed to prepare multi-year Reach reports for the program's sponsor, the CDC Arthritis Program. On-going review of this information and database maintenance has assisted in identifying contractors who have offered multiple courses, reaching large numbers of individuals with arthritis, and organizations that have continued to partner with the AP over several years. This information has allowed the AP manager to focus on key partners to develop expansion plans through these networks as well as highlighting areas for improvement.

Results: Dissemination models that are organization and region specific are being developed to expand the reach of these interventions. Reach data analysis has also revealed that data collection forms and methods should be revised.