



The Arthritis Foundation offers a new slide set to assist people with arthritis to increase physical activity and improve joint health

Title: Physical Activity and Arthritis: You Can Do It!

Introduction

The Public Health Department of the Arthritis Foundation is pleased to present to you a new slide set on Physical Activity and Arthritis. Over the past several years researchers in the field of arthritis have begun to clarify the important role of physical activity in the treatment and prevention of arthritis.

Evidence based research on effectiveness of interventions to assist people to increase physical activity confirm that informational interventions such as “point of decision” prompts that tell someone the why and how to start physical activity and community wide campaigns like the Physical Activity: the Arthritis Pain Reliever are effective. In addition, behavioral and social/environmental policy interventions such as school-based physical education, social support in community settings (walking clubs, etc.) and creation of or enhanced access to places for physical activity combined with informational outreach activities are effective. Contrary to popular belief, mass media campaigns using celebrities are not as effective strategies (1).

Background

This slide set was created with the expert input from the CDC Arthritis Group, exercise professionals, arthritis and physical activity researchers, Arthritis Foundation chapter presidents and staff, members of the Association of Rheumatology Health Professionals and the American College of Rheumatology, and the Public Health Council of the Arthritis Foundation. The Public Health department is grateful for their time and excellent advice in creating this slide set.

Contents of Presentation

This presentation includes:

1. A power point presentation, including a slide set in black and white
2. Talking points for each of the slides in the presentation
3. Frequently asked questions (FAQ)
4. Ready to copy handouts on:
 - * Arthritis Foundation Resources
 - * BMI chart
 - * Ways to increase your steps
 - * When to see your health care provider

5. Handouts that need the local information added before distributing to the audience:

- * Location/times of local Arthritis Foundation Classes
- * Location of local biking and walking trails
- * Location of local walking clubs
- * Sign up sheet for more information

Goals of the presentation

The presentation is designed to be delivered by volunteers and/or staff of the Arthritis Foundation and will inform the audience about:

1. Arthritis Myths
2. Risk Factors associated with arthritis
3. Relationship between weight, physical activity and arthritis
4. Recommended physical activity for people with arthritis
5. Tips for safe physical activity
6. Arthritis Foundation programs and other Resources

Reviewer suggestions:

Some of the reviewers have made the following suggestions for the use of the presentation:

1. If a certified Arthritis Foundation Program leader/instructor is available or presenting the slide set, exercises from the Arthritis Foundation Life Improvement Series Programs could be demonstrated
2. The presentation is an excellent way to introduce the Arthritis Foundation programs
3. The presentation would be a good activity to do in conjunction with the Arthritis Foundation Walk and the AF/CDC Physical Activity: The Arthritis Pain Reliever campaign.

The Public Health Department hopes that you find this new presentation a welcome addition to your community programming. Please contact us if you have any questions or suggestions at pwhite@arthritis.org.

If you would like a free CD of the Physical Activity and Arthritis: You Can Do It presentation, please contact Trina Alcorn at talcorn@arthritis.org or call (202) 887-2914.

