

Iowa Arthritis Media Toolkit

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INTRODUCTION

As part of CDC's commitment to improving the quality of life of adults with arthritis, the Iowa Community HUB and Iowa State University developed a toolkit (attached) with resources to support our partners in informing and educating people about arthritis and how to manage it.

This year, the Center for Disease Control and Prevention (CDC) is emphasizing the importance of staying active during May Arthritis Awareness Month and we are carrying this physical activity focus on throughout the year. Physical activity is key to managing joint pain caused by arthritis. Unfortunately, many people aren't aware of this, and more health care providers need to advise their patients about it.

To help tackle this issue, the Iowa Media Arthritis Toolkit offers resources you can use to encourage:

- Iowans with arthritis to be active.
- Health care providers to talk to their patients about the benefits of being active for managing arthritis and other chronic conditions.
- Referrals to be made to Arthritis- Appropriate Evidence-Based Interventions (AAEBIs) through the Iowa Community HUB.
- Public health advisors and policymakers to support community programs that promote physical activity, especially in areas and among communities with fewer resources.

We encourage you to use these resources in your social media, newsletters, blogs, presentations, websites, and/or other communication channels during Arthritis Awareness Month in May and throughout the rest of the calendar year. Please also share this toolkit with colleagues, partners, and others as appropriate. Together, let's spread the word about physical activity for arthritis management to patients, employers, clinicians, public health advisors, policymakers, and the public.

The information found in our May Arthritis Awareness Month uses the information from the *CDC Arthritis Awareness Month Partners Toolkit* gathered from materials from this CDC resource page: <https://www.cdc.gov/arthritis/communications/index.htm>

Thank you!

Best regards,

The Iowa Community HUB and Iowa State University U-TuRN

DEFINITIONS

Evidence-based programs (EBPs) have been rigorously tested in controlled settings, proven effective, and translated into practical models available to community-based organizations. EBPs are offered using a structured "package" of supportive materials so that program delivery is consistent regardless of the setting. Packages usually include implementation manuals and specialized training.

Arthritis-Appropriate Evidence-Based Interventions (AAEBIs) are EBPs that have been shown to improve arthritis symptoms, such as pain or functional limitations. The current list of approved AAEBIs highlights two types of programs: Physical Activity Programs and Self-Management Education Programs. Currently, 23 recognized AAEBIs have been shown to be effective in preventing and managing arthritis.

The CDC Arthritis Grant Project in Iowa is focusing on initiating and expanding three AAEBIs within the first couple of years of the grant. Those are the Walk with Ease Program, Tai Chi for Arthritis and Falls Prevention Program, and Better Choices, Better Health, also known as the Chronic Disease Self-Management Program (CDSMP).

Better Choices, Better Health, also known as the Chronic Disease Self-Management Program (CDSMP), helps adults and caregivers manage the symptoms of chronic diseases, such as heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and any other physical and mental health conditions. This program is an educational program held weekly for 2 ½ hours for 6 weeks at community-based locations in participating counties and virtually throughout the state.

Walk with Ease Program was developed by the Arthritis Foundation and is a community-based physical activity and self-management education program. While walking is the central activity, Walk with Ease is a multi-component program that includes health education, stretching and strengthening exercises, and motivational strategies. The 6-week program includes a guidebook and a walking schedule to help participants establish healthy physical activity patterns. The Iowa Arthritis Project has prioritized Walk with Ease since it can be delivered in various formats (group, self-directed, or hybrid) and settings. The self-directed and hybrid versions are supported by an online portal that provides individuals with access to videos and educational information, text messaging, or touch points via phone call with a coach. This allows us to support people with arthritis all over the state collectively.

Tai Chi for Arthritis and Falls Prevention (TCAFP) helps people with or without arthritis improve mental and physical balance, which helps significantly reduce the rate of falls experienced by older adults. It combines slow movement, deep breathing, and focused attention to help people improve strength, balance, and posture. Studies have shown that Tai Chi can

reduce falls by nearly 70%. This program is held twice weekly for 8 weeks at community-based locations and virtually throughout the state.

Community Care Hubs (CCHs) According to the *Partnership to Align Social Care*, community care hubs are “a community-centered entity that organizes and supports a network of community-based organizations providing services to address health-related social needs.” A CCH supports healthcare organizations and CBOs with various functions, including referral management, data management, technology interoperability, contracting, and capacity building. In Iowa, a statewide CCH known as the Iowa Community HUB exists building bridges between health and social care and helping community-based organizations initiate, expand, and sustain evidence-based programs across the state.

IOWA ARTHRITIS MEDIA TOOLKIT HASHTAGS

Hashtags Used to Promote Arthritis Grant Activities

Iowa Community HUB Hashtags

1. #IowaNonprofit
2. #HUBPartners
3. #IowaCommunityHUB

Hashtags Linked to our Awareness Months Social Media Posts:

1. #WeightManagement
2. #ObesityAwareness
3. #ArthritisAwareness
4. #IowaAAEBIs
5. #WalkWithEase
6. #ArthritisManagement
7. #ArthritisCare
8. #HealthyIowans
9. #ObesityManagement
10. #AmericanHeartMonth
11. #HeartHealth
12. #SeniorHealth
13. #NationalNutritionMonth
14. #ArthritisSupport
15. #MoveBetterLiveBetter
16. #BeActive
17. #NationalFootHealthAwarenessMonth
18. #PainRelief

19. #JointPain
20. #WellnessJourney
21. #AlzheimersAwarenessMonth
22. #NationalMinorityMentalHealthAwarenessMonth
23. #MentalHealthMatters
24. #livingwellwitharthritis
25. #NationalWellnessMonth
26. #FallsPreventionAwarenessMonth
27. #PhysicalTherapyMonth
28. #DiabetesAwarenessMonth
29. #UrbanPoling

Other hashtags for your own interest:

#arthritis #chronicpain #chronicillness #pain #jointpain #fibromyalgia #health #painrelief
#rheumatoidarthritis #osteoarthritis #kneepain #backpain #arthritisrelief #autoimmunedisease
#spoonie #invisibleillness #anxiety #diabetes #wellness #lupus #inflammation #fitness #cancer
#healthylifestyle #physicaltherapy #depression #painmanagement #neckpain #autoimmune
#arthritiswarrior #spoonielife #butyoudontlooksick #physiotherapy #mentalhealth #orthopedics
#chronicfatigue #osteoporosis #chronicillnesswarrior #sportsinjury #healing #shoulderpain
#footpain #musclepain #weightloss #organic #recovery #jointpainrelief #psoriasis
#ankylosingspondylitis #painfree #arthritispain #rheumatology #asthma #gout #kneereplacement

VIDEO

Check out the Iowa Community HUB Provider Champion Videos at
<https://iacommunityhub.org/clinicians/>



JANUARY- HEALTHY WEIGHT AWARENESS MONTH

Email Sample: Regarding Arthritis & Obesity

Subject: Promoting Healthy Weight Awareness and Arthritis Management

Dear [Healthcare Provider/Community Partner],

As we recognize National Healthy Weight Awareness Month, it's essential to address the significant impact of obesity on individuals living with arthritis. Arthritis and obesity often co-exist, creating a complex web of challenges that affect an individual's ability to manage their health effectively. Obesity exacerbates the symptoms of arthritis, leading to increased pain and disability. Furthermore, joint pain associated with arthritis often limits physical activity, contributing to weight gain and further worsening of arthritis symptoms. This detrimental cycle significantly impacts an individual's quality of life and increases the risk of other chronic co-morbidities, including diabetes, high blood pressure, and heart disease. Our Iowa Community HUB (HUB) and their network of partners are committed to breaking this cycle and empowering individuals to take charge of their health. By providing comprehensive support and resources, including Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs), we aim to improve the overall well-being of our community members.

AAEBIs provide the following:

Arthritis Education: Providing valuable information about arthritis management, including the impact of obesity on arthritis symptoms and strategies for weight management.

Obesity Management: Offering resources and support to help individuals achieve and maintain a healthy weight through lifestyle modifications, including dietary changes and physical activity.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis and obesity, emphasizing safe and effective ways to increase physical activity.

Co-Morbidity Prevention: Equipping individuals with the tools and knowledge to prevent and manage co-morbidities associated with arthritis and obesity, such as diabetes, high blood pressure, and heart disease.

By collaborating with healthcare providers and community partners like you, we can increase referrals to AAEBIs in Iowa. Together, we can empower individuals to break free from the cycle of arthritis, obesity, and co-morbidities, leading to improved health and well-being for all.



Thank you for your dedication to promoting healthy weight awareness and arthritis management in our community.

Warm regards,

[Your Name] [Your Title/Position] [Your Contact Information]

Social Media Samples: Regarding Arthritis & Obesity, CDC major Comorbidity

1. Did you know that obesity is a major comorbidity for individuals living with arthritis? This National Healthy Weight Awareness Month let's break the cycle of arthritis and obesity by promoting physical activity and healthy eating habits with your patients. Check out the Better Choices, Better Health program to help them live a healthy life. #WeightManagement #ArthritisAwareness #IowaAAEBIs
2. Obesity exacerbates arthritis symptoms, making it harder to manage joint pain and physical activity. Let's raise awareness this National Healthy Weight Awareness Month about the importance of maintaining a healthy weight for individuals with arthritis. Connect individuals to the Walk with Ease program to start feeling better. #ObesityAwareness #BeActive #WalkWithEase #HealthyIowans
3. Physical activity is crucial for managing your arthritis, but joint pain often leads to decreased activity levels and weight gain. This National Healthy Weight Awareness Month let's break the cycle of inactivity and obesity and give Tai Chi for Arthritis a try! #HealthyIowans #ArthritisAwareness #IowaAAEBIs
4. Arthritis and obesity often go hand in hand, creating a challenging cycle that impacts individuals' quality of life. Let's work together to increase awareness and support for managing these co-morbidities effectively by referring individuals to an Arthritis-Appropriate, Evidence-Based Intervention (AAEBI). #ObesityManagement #ArthritisAwareness #IowaAAEBIs
5. Obesity is a major risk factor for arthritis and can worsen symptoms over time. This National Healthy Weight Awareness Month let's prioritize weight management and physical activity in arthritis care plans to improve arthritis outcomes and overall well-being. #WeightManagement #ArthritisCare #HealthyIowans

Website Language Sample: Regarding Arthritis & Obesity, CDC major Comorbidity

[Insert Company] Promoting Arthritis Management

At [insert Company], we are committed to supporting the health and well-being of individuals living with arthritis and its associated challenges. Our mission is to provide comprehensive resources and connections to programs that address the unique needs of individuals with arthritis, particularly within the context of co-morbidities such as obesity.

Understanding the Challenge: Arthritis and Obesity

Obesity is a significant comorbidity for individuals with arthritis, exacerbating symptoms and impacting their ability to engage in physical activity. Joint pain associated with arthritis often leads to decreased activity levels, contributing to weight gain and further worsening of arthritis symptoms. This cycle can significantly affect an individual's quality of life and increase the risk of other chronic conditions such as diabetes, high blood pressure, and heart disease.

Empowering Individuals through Education and Support

Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) are designed to empower individuals with arthritis to manage their condition effectively and achieve a healthy weight. There are over 23 AAEBIs that deliver two types of programs: Physical Activity Programs and Self-Management Education Programs.

Arthritis Education: Providing valuable information about arthritis management, including the impact of obesity on arthritis symptoms and strategies for weight management.

Obesity Management: Offering resources and support to help individuals achieve and maintain a healthy weight through lifestyle modifications, including dietary changes and physical activity.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis and obesity, focusing on safe and effective ways to increase physical activity.

Co-Morbidity Prevention: Equipping individuals with the tools and knowledge to prevent and manage co-morbidities associated with arthritis and obesity, such as diabetes, high blood pressure, and heart disease.

We are reaching out to healthcare providers and community partners like you to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier



living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the [Iowa Community HUB](#) to learn more about AAEBIs at the [Program Library](#) and [Make a Referral](#) to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Contact Us

For more information about our programs and services, please contact us at [insert contact information].

Thank you for your dedication to promoting healthy weight awareness and arthritis management in our community.

Warm regards,

[Your Organization Name/Title] [Contact Information]

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.

Newsletter Content Sample: Regarding Arthritis & Obesity, CDC major Comorbidity

Newsletter Template: Promoting Healthy Weight Awareness and Arthritis Management

Title: Breaking the Cycle: Addressing Arthritis and Obesity for Better Health

Dear [Newsletter Subscribers],

As we observe National Healthy Weight Awareness Month, it's crucial to recognize the significant impact of obesity on individuals living with arthritis. Arthritis and obesity often coexist, creating a challenging cycle that affects an individual's quality of life and overall health.

Understanding the Challenge: Arthritis and Obesity

Obesity exacerbates arthritis symptoms, leading to increased pain and disability. Additionally, joint pain associated with arthritis often limits physical activity, contributing to weight gain and further worsening of arthritis symptoms. This detrimental cycle significantly impacts individuals' ability to manage their health effectively and increases the risk of other chronic conditions such as diabetes, high blood pressure, and heart disease.

Empowering Individuals through Education and Support

The Iowa Community HUB is dedicated to breaking this cycle and empowering individuals to take control of their health by connecting individuals to comprehensive Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) focused on addressing arthritis and its co-morbidities through a holistic approach that includes:

Arthritis Education: Providing valuable information about arthritis management, including the impact of obesity on arthritis symptoms and strategies for weight management.

Obesity Management: Offering resources and support to help individuals achieve and maintain a healthy weight through lifestyle modifications, including dietary changes and physical activity.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis and obesity, emphasizing safe and effective ways to increase physical activity.

Co-Morbidity Prevention: Equipping individuals with the tools and knowledge to prevent and manage co-morbidities associated with arthritis and obesity, such as diabetes, high blood pressure, and heart disease.

We invite healthcare providers and community partners to collaborate with us in increasing referrals to AAEBIs across Iowa. Together, we can empower individuals with arthritis to break free from the cycle of arthritis, obesity, and co-morbidities, leading to improved health and well-being for all. Go to the [Iowa Community HUB](#) website and [Make a Referral!](#)

Contact Us

For more information about our programs and services, please contact us at [insert contact information].

Thank you for your dedication to promoting healthy weight awareness and arthritis management in our community.

Warm regards,



[Your Organization Name/Title]

Note: Customize the newsletter content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage readers and highlight the impact of your services.

FEBRUARY- AMERICAN HEART MONTH

Email Sample: Regarding Arthritis & Heart Disease

Subject: Celebrating American Heart Month: Linking Arthritis with Increased Risk of Heart Disease

Dear [Healthcare Provider/Community Partner],

As we observe American Heart Month this February, it serves as a poignant reminder of the importance of prioritizing heart health, especially for individuals with a diagnosed arthritis condition. Did you know that having arthritis can put an individual at an increased risk of heart disease? Rheumatoid arthritis, psoriatic arthritis, gout, and lupus are estimated to make someone twice as likely to have a heart attack. Gout is associated with abnormal heart rhythms like atrial fibrillation and osteoarthritis can increase one's risk for heart disease from the inflammation caused by the damage to your joints.

We encourage all members of the community, regardless of age, to take part in heart healthy initiatives during American Heart Month. Whether it's participating in a virtual fitness class, trying heart-healthy recipes, or spreading awareness on social media, every action contributes to our collective effort in combating heart disease and ensuring better management of arthritis.

With the right preventive measures, you can manage your arthritis symptoms and work on your heart healthy lifestyle. Those preventive measures are best provided by the [Arthritis-Appropriate, Evidence-Based Interventions](#) (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions.

We are reaching out to healthcare providers and community partners like you to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the [Iowa Community HUB](#) to learn more about AAEBIs at the [Program Library](#) and [Make a Referral](#) to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Warm regards,

[Your Name] [Your Title/Position] [Your Contact Information]

Social Media Samples: Regarding Arthritis & Heart Disease, CDC major Comorbidity

1. "Let's spread awareness and love for heart health this month and beyond. Did you know that arthritis can increase your risk of heart disease? Better management of arthritis is crucial in prioritizing your heart health at every age."
#ArthritisManagement #HeartHealth #AmericanHeartMonth
2. "The Tai Chi for Arthritis Program is an Arthritis-Appropriate, Evidence-based Intervention (AAEBI) being delivered across Iowa. The program's slow movements involve both the upper and lower body, which safely strengthens the heart and major muscle groups without undue strain. The main benefit may be to encourage people who are reluctant to exercise to move more.
#IowaAAEBIs #AmericanHeartMonth #BeActive #HealthyIowans
3. The right meal plan can provide a "two-for-one" benefit by helping both your painful and stiff joints while addressing heart healthy living. Try the Better Choices, Better Health program to learn about eating well and other interactive educational activities that will keep your heart ticking happily.
#AmericanHeartMonth #HeartHealth #IowaAAEBIs
4. Let's extend our love and support to older adults managing arthritis by focusing on heart health this month. Did you know that arthritis and heart disease often go hand in hand? That's why it's crucial to prioritize both! Walking can be a safe and effective cardiovascular exercise choice. Check out the Walk with Ease program!
#AmericanHeartMonth #SeniorHealth #ArthritisAwareness #WalkWithEase
5. Check out this Exercise Handout for joint-friendly tips tailored for those living with arthritis. Together, let's navigate the journey to better heart health and joint wellness with resilience! Exercise Handout Click Here!
#AmericanHeartMonth #BeActive #ArthritisAwareness #HealthyIowans

Website Language Sample: Regarding Arthritis & Heart Disease, CDC major Comorbidity

Website Content: Celebrating American Heart Month: Linking Arthritis with Increased Risk of Heart Disease



More than 58 million adults in the United States have arthritis. Many adults with arthritis have moderate or severe joint pain and approximately 44% of adults with arthritis report limitations, including trouble doing daily activities. Further, arthritis and arthritis-attributable activity limitations are most prevalent among adults with worse physical and mental health profiles and greater social disadvantage. Many people with arthritis also experience co-morbidities such as diabetes, high blood pressure, and **heart disease**. These co-existing conditions can significantly impact an individual's ability to engage in physical activity, exacerbating the cycle of pain and disability.

The importance of raising awareness and education on heart health are key components of managing arthritis and its co-morbidities. However, joint pain often leads to decreased activity levels, making it harder to manage conditions like obesity, diabetes, and heart disease. With the right preventive measures, you can manage your arthritis symptoms and work on your heart healthy lifestyle. Those preventive measures are best provided by the **Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs)**. The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions.

We are reaching out to healthcare providers and community partners like you to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.

Newsletter Content Sample: Regarding Arthritis & Heart Disease, CDC major Comorbidity

Target Population: Older Adults

Title: Empowering Iowans through increasing education and awareness

Dear [Community Members/Healthcare Providers],



As we observe American Heart Month, it's essential to shed light on the intricate relationship between arthritis, heart health, and overall well-being, particularly for our aging population in Iowa. Arthritis affects millions of Americans, and individuals over sixty are especially susceptible to its impacts. Arthritis can create a challenging cycle where joint pain leads to decreased physical activity, exacerbating co-morbidities like obesity, diabetes, and heart disease. In turn, these conditions worsen arthritis symptoms, contributing to a cycle of pain and disability. Additionally, the risk of falls increases due to decreased mobility and weakened muscles.

The Iowa Community HUB is dedicated to breaking this cycle and empowering individuals to take control of their health by connecting individuals to comprehensive Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) focused on addressing arthritis and its co-morbidities through a holistic approach that includes:

Arthritis and Heart Health Education: Providing valuable information about arthritis management and other chronic conditions, including the importance of diet, exercise, and fall prevention strategies.

Dietary Guidance: Offering nutrition resources to support healthy eating habits that can alleviate arthritis symptoms and prevent or better manage heart disease.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis, emphasizing low-impact activities that improve mobility and reduce pain.

Falls Prevention: Equipping individuals with techniques and resources to prevent falls, enhancing safety and confidence in daily activities.

We invite healthcare providers and community partners to collaborate with us in increasing referrals to AAEBIs across Iowa. Together, we can empower individuals with arthritis to break free from the cycle of arthritis, heart disease, and other co-morbidities, leading to improved health and well-being for all. Go to the Iowa Community HUB website and Make a Referral!

Thank you for your dedication to promoting wellness in our community.

Warm regards,

[Your Organization Name/Title] [Contact Information]

Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.



MARCH – NATIONAL NUTRITION MONTH

Email Sample: Regarding Diet and Arthritis

Subject: Celebrating National Nutrition Month: Promoting Healthier Living for all Iowans

Dear [Healthcare Provider/Community Partner],

As we commemorate National Nutrition Month, it's crucial to address the intersection of arthritis, diet, and exercise in promoting healthier living among Iowans. We recognize the significant impact that arthritis has on an individual's quality of life, especially those over the age of sixty. Arthritis often accompanies other chronic conditions such as diabetes, high blood pressure, and heart disease, creating a complex web of challenges for individuals seeking to manage their health effectively. Physical activity and healthy eating play a pivotal role in managing these conditions, yet joint pain frequently leads to decreased activity levels, exacerbating the cycle of obesity, diabetes, and heart disease. Our Iowa Community HUB (HUB) and their network of partners are committed to breaking this cycle and empowering individuals to take charge of their health. By providing comprehensive support and resources, including Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs), we aim to improve the overall well-being of our community members.

As part of our efforts to enhance access to these vital services, we are reaching out to healthcare providers and community partners like you to increase referrals to AAEBIs across Iowa. Check out the HUB website for the Program Library, Make a Referral, and contact them at info@iacommunityhub.org to learn more. By collaborating closely, we can ensure that individuals with arthritis receive the care they need to manage their condition effectively and reduce the risk of co-morbidities and falls. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis and its associated challenges.

Thank you for your dedication to improving the health and well-being of our community.

Warm regards,

[Your Name] [Your Title/Position] [Your Contact Information]

Social Media Samples: Regarding Diet and Arthritis

1. As we commemorate National Nutrition Month, it's crucial to address the intersection of arthritis, diet, and exercise in promoting healthier living among Iowans. Did you know that physical activity and healthy eating are key in managing arthritis symptoms? Check out the Iowa Community HUB for more information at <https://iacommunityhub.org/>.
#NationalNutritionMonth #HealthyIowans #IowaCommunityHUB
2. Arthritis doesn't have to limit your patient's quality of life. By addressing diet and exercise, we can empower individuals to take control of their health. Spread the word and help us increase referrals to Arthritis-Appropriate Evidence-based Interventions (AAEBIs) like Better Choices, Better Health in Iowa! Click [here](#) and visit the Iowa Community HUB to make a referral!
#HealthyIowans #NationalNutritionMonth #IowaAAEBIs
3. Joint pain shouldn't keep you from living your best life. Let's work together to increase access to Arthritis-Appropriate Evidence-based Interventions (AAEBIs) like Walk with Ease for all Iowans. Together, we can improve mobility, eat well, reduce the risk for other chronic conditions and enhance overall well-being.
#ArthritisSupport #NationalNutritionMonth #WalkWithEase
4. Did you know that arthritis and inactivity can worsen conditions like obesity, diabetes, and heart disease? This National Nutrition Month let's prioritize physical activity and healthy eating to break the cycle. Spread awareness and help us reach those in need of support by connecting them to the HUB Nutrition Facebook Group with an available dietitian to answer questions, provide nutrition education and feel supported by the others with similar experiences.
#NationalNutritionMonth #IowaCommunityHUB #ArthritisAwareness
5. Every step counts on the journey to better health, especially for those with arthritis. Join us in promoting the importance of diet, exercise, and falls prevention to improve the lives of Iowans over sixty. Check out Better Choices, Better Health for healthy eating and nutrition tips and contact the Iowa Community HUB to get connected. Click [HERE](#). Together, we can make a difference!
#SeniorHealth #NationalNutritionMonth #IowaAAEBIs

Website Language Sample: Regarding Diet and Arthritis

Website Content: Empowering Iowans with Arthritis through Nutrition and Exercise

The Iowa Community HUB is dedicated to supporting Iowans living with arthritis and its associated challenges. Their mission is to provide access to comprehensive resources and programs that address the unique needs of individuals with arthritis, particularly within the

context of co-morbidities and falls prevention. That comes in the form of Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs).

Understanding the Challenge: Arthritis affects millions of Americans, and individuals over sixty are especially vulnerable to its impacts. Many people with arthritis also experience co-morbidities such as diabetes, high blood pressure, and heart disease. These co-existing conditions can significantly impact an individual's ability to engage in physical activity, exacerbating the cycle of pain and disability.

Physical Activity and Nutrition are key components of managing arthritis and its co-morbidities. However, joint pain often leads to decreased activity levels, making it harder to manage conditions like obesity, diabetes, and heart disease. The AAEBIs emphasize the importance of incorporating regular exercise into daily routines, along with healthy eating habits, to improve overall health and well-being.

Arthritis Education Programs: The HUB can connect individuals to their network of partners all across the state that provide education and self-management programs with valuable information about arthritis management, healthy eating, and tips for managing co-morbidities and preventing falls.

Dietary Guidance: The HUB can offer nutrition resources to support individuals in making healthier food choices that can alleviate arthritis symptoms and manage co-morbidities.

Exercise Programs: The HUB can connect individuals to their network of partners all across the state that provide evidence-based exercise programs designed specifically for individuals with arthritis, focusing on low-impact activities that improve mobility and reduce pain.

We invite healthcare providers and community partners to collaborate with us in increasing referrals to AAEBIs across Iowa. Together, we can empower individuals with arthritis to break free from the cycle of arthritis, heart disease, and other co-morbidities, leading to improved health and well-being for all. Go to the Iowa Community HUB website and Make a Referral!

Contact us for more information about our programs and services at [insert contact information].

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.



Newsletter Content Sample: Regarding Diet and Arthritis

Newsletter Content: Promoting Healthier Living for Iowans with Arthritis

Title: Breaking the Cycle: Managing Arthritis, Diet, and Exercise for Better Health

Dear [Community Members/Healthcare Providers],

As we observe National Nutrition Month, it's essential to shed light on the intricate relationship between arthritis, diet, exercise, and overall well-being, particularly for our aging population in Iowa. Arthritis affects millions of Americans, and individuals over sixty are especially susceptible to its impacts. Many of these individuals also grapple with co-morbidities such as diabetes, high blood pressure, and heart disease, further complicating their health management journey. Arthritis can create a challenging cycle where joint pain leads to decreased physical activity, exacerbating co-morbidities like obesity, diabetes, and heart disease. In turn, these conditions worsen arthritis symptoms, contributing to a cycle of pain and disability. Additionally, the risk of falls increases due to decreased mobility and weakened muscles.

The Iowa Community HUB is dedicated to breaking this cycle and empowering individuals to take control of their health by connecting individuals to comprehensive Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) focused on addressing arthritis and its co-morbidities through a holistic approach that includes:

Arthritis Education: Providing valuable information about arthritis management, including the importance of diet, exercise, and fall prevention strategies.

Dietary Guidance: Offering nutrition resources to support healthy eating habits that can alleviate arthritis symptoms and manage co-morbidities.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis, emphasizing low-impact activities that improve mobility and reduce pain.

Falls Prevention: Equipping individuals with techniques and resources to prevent falls, enhancing safety and confidence in daily activities.

We are reaching out to healthcare providers and community partners like you to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs



from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Warm regards,

[Your Organization Name/Title] [Contact Information]

Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.

April- National Foot Health Awareness Month

Email Sample: Regarding Foot Health and Walking

Subject: Celebrating National Foot Health Awareness Month: Walk with Ease

Dear [Healthcare Provider/Community Partner],

As we observe National Foot Health Awareness Month this April, it serves as a poignant reminder of the importance of prioritizing our feet and walking, especially for individuals with a diagnosed arthritis condition.

We encourage all members of the community, regardless of age, to take part in healthy initiatives during Foot Health Awareness Month. Whether it's participating in a community walking program, making an appointment with a podiatrist for foot pain, or spreading awareness on social media, every action contributes to our collective effort in increasing steps taken and ensuring better management of arthritis.

With the right preventive measures including the right footwear, you can best manage your patients' and your own lower extremity arthritis symptoms and promote healthier lifestyles. Those preventive measures are best provided by the Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and to teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions. Walk with Ease is a proven evidence-based activity to decrease arthritis pain. Also, as a bonus, physical activity is the best way to prevent falls.

We are reaching out to healthcare providers and community partners like you to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Best regards,

[Your Name] [Your Title/Position] [Your Contact Information]

Social media Sample: Regarding Foot Health and Walking

1. Let's spread awareness for the importance of walking this month and beyond!
#MoveBetterLiveBetter #NationalFootHealthAwarenessMonth #IowaAAEBIs
2. At the foundation of good posture are your feet. Our feet are vital to our ability to walk and stand safely. Tai Chi for Arthritis is a slow, mindful, movement practice centering your weight over your feet. Tai Chi for Arthritis is an Arthritis-Appropriate, Evidence-based Intervention (AAEBI) delivered across Iowa and can help you improve your balance, posture, and better manage arthritis.
#NationalFootHealthAwarenessMonth #IowaAAEBIs #ArthritisSupport
3. April is National Foot Health Awareness Month and research shows that approximately 20 percent of Americans experience at least one foot problem each year. These issues can be the result of an underlying health condition such as obesity, diabetes, or arthritis. Check out Better Choices, Better Health for help with managing your chronic condition. Contact the Iowa Community HUB to get connected. Click HERE.
#NationalFootHealthAwarenessMonth #IowaAAEBIs #ArthritisCare
4. The American Geriatrics Society says one-third of people older than 65 have problems with their feet. Podiatrists see more older patients than any other age group. Several types of arthritis can limit motion in the feet, as well as cause discomfort. Let's prioritize arthritis care among older adults and encourage foot screening this National Foot Health Awareness Month.
#NationalFootHealthAwarenessMonth #SeniorHealth #PainRelief #HealthyIowans
5. The Arthritis Foundation's Walk with Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk with Ease also includes health education, stretching and strengthening exercises, and motivational strategies. Keep our feet happy this National Foot Health Awareness Month and keep stepping on!
#NationalFootHealthAwarenessMonth #WalkWithEase #WellnessJourney

Website Language Sample: Regarding Foot Health and Walking

Website Content: Celebrating Foot Health Awareness Month: Linking Arthritis with Foot Health

More than 58 million adults in the United States have arthritis. Many adults with arthritis have moderate or severe joint pain and approximately 44% of adults with arthritis report limitations, including trouble doing daily activities. Further, arthritis and arthritis-attributable activity

limitations are most prevalent among adults with worse physical and mental health profiles and greater social disadvantage. Many people with arthritis also experience co-morbidities such as diabetes, high blood pressure, and heart disease. These co-existing conditions can significantly impact an individual's ability to engage in physical activity, exacerbating the cycle of pain and disability.

The importance of raising awareness and education on the benefits of increased physical activity such as walking as a key component of managing arthritis and its co-morbidities. Joint pain often leads to decreased activity levels, making it harder to manage conditions like obesity, diabetes, and heart disease. With the right preventive measures, you can manage your arthritis symptoms and work on your healthy lifestyle. Those preventive measures are best provided by the **Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs)**. The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions.

We are reaching out to healthcare providers and community partners like you to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the [Iowa Community HUB](#) to learn more about AAEBIs at the [Program Library](#) and [Make a Referral](#) to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.

Newsletter Content Sample: Regarding Foot Health and Walking

Newsletter Content: Celebrating Foot Health Awareness Month: Linking Arthritis with Foot Health

Target Population: Older Adults

Title: Empowering Iowans through increasing education and awareness

Dear [Community Members/Healthcare Providers],



As we observe National Foot Health Awareness Month it is essential to shed light on the intricate relationship between arthritis, foot health, and overall well-being, particularly for our aging population in Iowa. The American Geriatrics Society says one-third of people older than 65 have problems with their feet. Podiatrists see more older patients than any other age group. Several types of arthritis can limit motion in the feet, as well as cause discomfort. Arthritis can create a challenging cycle where joint pain leads to decreased physical activity, exacerbating co-morbidities like obesity, diabetes, and heart disease. In turn, these conditions worsen arthritis symptoms, contributing to a cycle of pain and disability. Additionally, the risk of falls increases due to decreased mobility and weakened muscles.

Empowering Individuals through Education and Support

The Iowa Community HUB is dedicated to breaking this cycle and empowering individuals to take control of their health by connecting individuals to comprehensive Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) focused on addressing arthritis and its co-morbidities through a holistic approach that includes:

Arthritis Education: Providing valuable information about arthritis management, including the impact of obesity on arthritis symptoms and strategies for weight management.

Obesity Management: Offering resources and support to help individuals achieve and maintain a healthy weight through lifestyle modifications, including dietary changes and physical activity.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis and obesity, emphasizing safe and effective ways to increase physical activity.

Co-Morbidity Prevention: Equipping individuals with the tools and knowledge to prevent and manage co-morbidities associated with arthritis and obesity, such as diabetes, high blood pressure, and heart disease.

We invite healthcare providers and community partners to collaborate with us in increasing referrals to AAEBIs across Iowa. Together, we can empower individuals with arthritis to break free from the cycle of arthritis, obesity, and co-morbidities, leading to improved health and well-being for all. Go to the Iowa Community HUB website and Make a Referral!

Thank you for your dedication to promoting wellness in our community.

Warm regards,

[Your Organization Name/Title] [Contact Information]



Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.

MAY - ARTHRITIS AWARENESS MONTH

May is Arthritis Awareness Month. It's a time to understand arthritis better – what causes it, its symptoms, and how it can be treated. Let's spread the word to patients, employers, clinicians, public health advisors, policymakers, and the public.

As part of CDC's commitment to improving the quality of life of adults with arthritis, we developed resources to support our partners in informing and educating people about arthritis and how to manage it.

This year, CDC is emphasizing the importance of staying active during Arthritis Awareness Month. Physical activity is key to managing joint pain caused by arthritis. Unfortunately, many people aren't aware of this, and some health care providers don't advise their patients about it.

To help tackle this issue, this toolkit offers resources you can use to encourage:

- People with arthritis to be active.
- Health care providers to talk to their patients about the benefits of being active for managing arthritis and other chronic conditions.
- Public health advisors and policymakers to support community programs that promote physical activity, especially in areas with fewer resources.

We encourage you to use these resources in your social media, newsletters, blogs, presentations, websites, and other communication channels throughout May and in the future.

Let's spread awareness and **ENCOURAGE ACTION!**

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- New Published Research – Racial & Ethnic Differences in Prevalence of Arthritis
- Graphics for Use on Social Media
- Sample Social Media Posts
- Infographics for Other Uses
- Sample Newsletter or Blog Language
- Free CME/ ABIM MOC/ CE Activity for Providers
- Podcast for Providers & Public Health Officials
- Video for Public Health Officials
- Key Websites

NEW PUBLISHED RESEARCH

RACIAL & ETHNIC DIFFERENCES IN PREVALENCE OF ARTHRITIS

CDC recently published new research in Arthritis Care and Research shedding light on racial and ethnic disparities in adult arthritis prevalence, severe joint pain, and provider counseling about physical activity. This paper reflects CDC's commitment to advancing research that helps us better understand and support people across the U.S. with arthritis.

Here are some key findings from our latest research:

- Severe joint pain is more prevalent among American Indian/Alaska Native (AI/AN, 39%), non-Hispanic Black (36%), and Hispanic (36%) adults with arthritis compared to White (23%) adults with arthritis.
- More than 40% of adults with arthritis do not receive counseling from their health care providers on the benefits of physical activity for arthritis management.

The research offers several recommendations:

- Educate clinicians on the benefits of physical activity for adults with arthritis, highlighting available in-person self-directed and online intervention programs and resources for arthritis management.
- Address social and environmental barriers that hinder individuals with arthritis from engaging in physical activity.
- Support evidence-based arthritis management and activity programs, including development of additional culturally relevant programs for AI/AN adults.

These findings and recommendations have been incorporated into the resources below.

FLYERS FOR PROMOTIONAL USE

When to Use: These graphics may be downloaded and used for promotional activities through email, social media posts, on websites, in presentations or in other communications materials.

Arthritis Pain and Prescription Opioids



Arthritis is a leading cause of chronic pain.



More than **1 in 4** adults with arthritis report **severe joint pain**. (15M people)

Severe joint pain can limit daily functions and seriously reduce quality of life.

Arthritis Pain and Opioid Prescriptions

Opioid use is common among people with arthritis.

In 2022 8.5 M people in the U.S. reported misuse of prescription pain relievers in the past year.



How can arthritis pain be managed without opioid prescriptions?



- ✓ Physical activity is an effective pain reliever for arthritis and can reduce pain by up to 40%.
- ✓ Arthritis pain relief from non-opioid medications is similar to opioids. Pain management should include both clinical and behavioral strategies.
- ✓ Join a proven, community-based physical activity program or self-management education workshop (Walk with Ease, PEARLS).

Physical activity is proven to reduce arthritis pain. Try low-impact activities.

Walking

Swimming

Biking



Visit IA Hub

Learn More: www.CDC.gov/arthritis



This flyer can be downloaded for promotional use here:

<https://iacommunityhub.org/wp-content/uploads/CDC-Arthritis-and-Opioids.png>



Put Life Back in Your Life

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Better Choice, Better Health workshops put me back in charge.

Now I have the energy to do the things that matter. I've put life back in my life.

Better Choice, Better Health 




To find a Better Choice, Better Health workshop near you call 515-635-1285

This flyer can be downloaded for promotional use here:
https://iacommunityhub.org/wp-content/uploads/BCBH-marketing_poster.pdf




TAI CHI FOR ARTHRITIS & FALL * PREVENTION

Tai chi is a powerful mind-body exercise which helps to reduce stress and improve relaxation.



Tai Chi for a better quality of life!

- Relieves pain and improves physical function
- Increases balance, flexibility, and strength
- Many studies have shown **Tai Chi** as being one of the most effective approaches for preventing falls

 The Community HUB is a statewide resource for programs and services that improve health, prevent injury, and enhance quality of life for those at greatest need.

Contact us: info@iacommunityhub.org | Visit our website to learn more <https://iacommunityhub.org/>
 Or call: 515 - 635 - 1285

This flyer can be downloaded for promotional use here:
<https://iacommunityhub.org/wp-content/uploads/Statewide-TCA-for-Falls-Prevention-Flyer-1-1.pdf>

WALK WITH EASE

a program for better living

The *Walk With Ease* self-directed program is a great way to build habits for regular physical activity.

- FREE to join
- Participate from anywhere!
- Start anytime!



Key Features of the Fully Online Program:

- Evidence-based program with proven results
- Manageable 6-week plan to create new healthy habits
- Self-guided lessons with goal setting and tracking resources
- Video-based content to learn new skills

This flyer can be downloaded for promotional use here:

<https://iacommunityhub.org/wp-content/uploads/Statewide-WWE-Flyer-update-01.2023-trs.pdf>



Contact Us: info@iacommunityhub.org

Or call: 515-635-1285

Visit our website to learn more

WalkWithEaseISU.org

SAMPLE SOCIAL MEDIA POSTS

When to Use: These sample social media posts can be used during Arthritis Awareness Month or other times of the year. They were developed as evergreen options that your organization can use at any time. We have included our suggestion of the social media graphic that best accompanies each post.

Post Length for Platforms: LinkedIn, Facebook, Twitter/X, or Instagram.

Intended Audiences: General Public, Public Health Officials/Decision Makers, and Health Care Providers

SUGGESTED HASHTAGS:

- #ArthritisAwareness
- #ArthritisAwarenessMonth
- #BeActive
- #HealthyIowans
- #WalkWithEase
- #Iowa AAEBIs
- #IowaCommunityHUB

SOCIAL MEDIA POSTS TARGETING THE PUBLIC

Channel: X/Twitter

Looking for ways to help reduce your arthritis pain?

- Take a brisk walk
- Join a yoga class
- Spend time in the garden
- Groove to beat

Any kind of physical activity is better than none. Find out more at: <https://bit.ly/4aA9jhX> and contact the Iowa Community HUB for further support.



Have arthritis pain? It's time to get moving! There are several programs to help you get active while managing your arthritis. Discover programs that can help you get moving at the Iowa Community HUB Program Library.



Channel: Facebook

Have arthritis pain? It's time to get moving!

There are lots of free or low-cost ways to fit fun activities into your day –from brisk walking 🚶 or yoga 🧘 to gardening 🌿 or dancing 💃 . A little here and there can quickly add up to the recommended 150 minutes of activity each week. Learn more through the Iowa Community HUB.



Arthritis pain relief does not have to come in a medicine bottle. Being physically active can help reduce arthritis pain and prevent or delay arthritis from getting worse. 150 minutes of physical activity is recommended each week, but any amount of activity is better than none.

Discover free or low-cost activities to help you safely get your arthritis pain under control at: <https://bit.ly/4aA9jhX> or visit the Iowa Community HUB for more information.

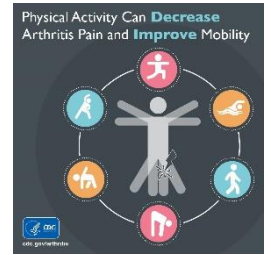


Channel: Instagram

A little movement can go a long way towards helping people with arthritis feel better.

There are lots of free or low-cost ways to work fun and easy activities into your day –from brisk walking 🚶 or yoga 🧘 to gardening 🌿 or dancing 💃 .

Check out cdc.gov/arthritis for more ways to help relieve your pain and prevent or delay arthritis from getting worse and contact the [Iowa Community HUB](#) for programs in Iowa.



Arthritis pain relief does not have to come in a medicine bottle. Being physically active can help reduce arthritis pain and delay arthritis from getting worse.

Discover free or low-cost activities that are easy and fun at cdc.gov/arthritis and contact the [Iowa Community HUB](#) for programs in Iowa.

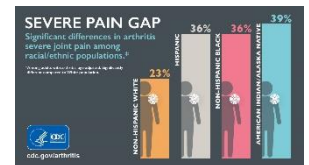


SOCIAL MEDIA POSTS TARGETING PUBLIC HEALTH OFFICIALS

Channel: X/Twitter

New research from @CDCgov finds people from several racial and ethnic minority groups report more severe joint pain. Low-impact activities can help reduce pain, but many are unaware or lack access to programs to help them safely get moving.

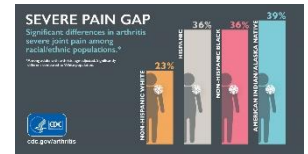
<https://bit.ly/4cWCTzY>



Channel: LinkedIn

New research from @Centers for Disease Control and Prevention finds people in several racial and ethnic minority groups report more severe joint pain than their White counterparts.

Low-impact physical activity is one of the best ways to help reduce arthritis pain, but many people lack awareness or access to programs to help them safely work physical activity into their lives. Read more about CDC-recognized lifestyle management programs at <https://bit.ly/3UbVu3X> and check out the [Iowa Community HUB](#) for programs in Iowa.



SOCIAL MEDIA POSTS TARGETING HEALTH CARE PROVIDERS

Channel: LinkedIn

Patients value their clinicians' recommendations.

Health care providers can help patients take the first step towards pain relief by counseling them on the importance of physical activity to help reduce arthritis pain and delay its progression, as well as referring them to arthritis-appropriate programs to safely stay active.

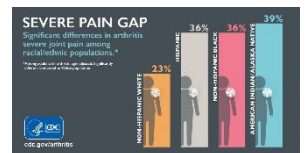
CDC offers arthritis patient care recommendations at <https://bit.ly/4cLQr1f> and check out the [Iowa Community HUB](#) for programs in Iowa.



Arthritis pain relief does not have to come from a prescription.

Research from @Centers for Disease Control and Prevention finds 2 out of 5 patients are not receiving provider counseling on the benefits of physical activity to manage their arthritis—one of the best ways to help reduce arthritis pain.

There are CDC-recognized, evidence-based arthritis programs available in-person and virtually to improve the quality of life of adults with arthritis. Discover how these programs can help patients at <https://oaaction.unc.edu/aeabi/> and contact the [Iowa Community HUB](#) for programs in Iowa.



INFOGRAPHICS FOR OTHER USES (SUCH AS PRESENTATIONS, WEBSITES)

CDC has developed infographics for use on the web or in print. These infographics have also been cut down into bite-size communications for social and digital distribution.

When to Use: These infographics can be used on websites, in presentations, and other digital communication platforms.

WHAT IS ARTHRITIS INFOGRAPHIC

ARTHRTIS

What is Arthritis?
Arthritis includes more than **100** different conditions that affect joints and the surrounding tissue.

The most common form of arthritis in the United States is **Osteoarthritis**

Gout and **Rheumatoid arthritis** are also common forms of arthritis

Arthritis is a leading cause of **disability** in the United States.

Symptoms include

- Pain
- Aching
- Stiffness
- Swelling

in or around the joints

Who does arthritis affect?
Arthritis affects people of all ages but, **9 in 10 adults** with arthritis are **45** years and older.

Arthritis **affects about 1 in 5 adults** in the United States— **That's 53.2 million people.**

How can people who have arthritis manage symptoms?

- Get an early and accurate diagnosis by talking to your doctor if you have joint pain and other arthritis symptoms.
- Increase physical activity, which helps reduce joint pain and stiffness.
- Maintain a healthy weight.
- Join a self-management education workshop.
- Take steps to minimize or prevent injuries to joints.

CDC Learn More: www.CDC.gov/arthritis

[Click here for full infographic](#)

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Gout and **Rheumatoid arthritis** are also common forms of arthritis

CDC Learn More: www.CDC.gov/arthritis

Double Click for Infographic

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- Take steps to minimize or prevent injuries to joints.

CDC Learn More: www.CDC.gov/arthritis

Double Click for Infographic

Who does arthritis affect?
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CDC Learn More: www.CDC.gov/arthritis

Double Click for Infographic

SAMPLE NEWSLETTER OR BLOG LANGUAGE

ARTICLE FOR HEALTH CARE PROVIDERS

Encourage Arthritis Patients to Stay Active

Arthritis Awareness Month can be a great time to **talk to your patients with arthritis about the benefits of staying active to ease arthritis pain.**

Many people aren't aware of how important physical activity is for managing joint pain caused by arthritis. As a health care provider, you play a vital role in educating patients about how staying active can reduce arthritis pain and slow its progression. You can also suggest proven arthritis-appropriate programs to help patients safely maintain an active lifestyle.

Engaging in joint-friendly physical activities not only reduces arthritis pain but also improves joint function, mood, and quality of life for adults living with arthritis.

Here are some options and resources to help you counsel arthritis patients:

- **Low-impact physical activities**: Walking, biking, swimming, and water activities are all good ways to ease arthritis pain and are safe for most adults. Talk about these exercise options with your patients and determine which ones are most appropriate for them.
- **Weekly physical activity**: Encourage patients to aim for at least 150 minutes of moderate-intensity physical activity a week. This could include brisk walking for 30 minutes a day, 5 days a week.
- **Community-based physical activity classes**: Recommend classes at local YMCAs, parks, and recreation or community centers that teach arthritis-friendly exercises.
- **Self-management education workshops**: Advise that these workshops help people develop skills and confidence in managing their symptoms.
- **Weight Management**: Stress the importance of maintaining a healthy weight. Research shows that patients who receive weight counseling from a health care professional are more likely to try weight loss.

By discussing these options, you can help patients find ways to manage their arthritis pain through physical activity. Visit the CDC website for more information and check out the Iowa Community HUB for programs in Iowa.

ARTICLE FOR THE GENERAL PUBLIC

Move To Improve: How To Stay Active with Arthritis

Arthritis can lead to severe joint pain and may limit your normal activities, but there are several ways you can reduce arthritis pain without medication. Research has shown being physically active is one of the best ways to treat arthritis.

Physical activity can help your arthritis by:

- Reducing pain
- Improving range of motion and function
- Increasing energy
- Improving mood
- Supporting weight management
- Preventing or improving other conditions like diabetes and heart disease.

How much activity should you aim for? Try to get at least 150 minutes of moderate-intensity physical activity a week-- like brisk walking. This can be broken up into smaller segments such as 30 minutes a day, 5 days a week. Even if you can't reach this goal, staying as active as you can is good for your health. Remember, any amount of physical activity is better than none!

What kinds of activities should you do? You should choose physical activities that are gentle on your body and joints to reduce the risk of injury. These activities can include:

- Brisk walking
- Yoga
- Gardening
- Dancing
- Swimming

Explore physical activity programs in your community that are designed to reduce arthritis symptoms and teach you how to safely increase your activity level. Many of these programs are free or low-cost and available at local YMCAs, parks, and recreation or community centers. Learn more about them at the [Iowa Community HUB](#).

Remember, your doctor is a reliable source of information about physical activity. If you have concerns or questions, talk to your doctor about the right level of activity for your abilities and health goals. For more tips on staying active, go to the [CDC website](#).

FREE CME/ ABIM MOC/ CE ACTIVITY FOR PROVIDERS

Thanks to a collaboration between the National Association of Chronic Disease Directors (NACDD) and Medscape Education, health care providers can participate in a free, convenient Lifestyle Management Programs for Arthritis: Expand Your Knowledge on Evidence-Based Interventions CME activity.

Audience: Primary care physicians, physical therapists, occupational therapists, community health workers, rheumatologists, orthopedic surgeons, sports medicine physicians, nurses, nurse practitioners (NPs), physician assistants (PAs), and other healthcare practitioners (HCPs) who provide care to patients with arthritis.

Goal: For learners to be better able to assess their learning needs related to non-pharmacologic interventions for patients with arthritis and be better able to incorporate arthritis appropriate evidence-based interventions (AAEBIs) into their patients' treatment programs.

Course Credits: Participants are awarded up to 0.25 CME/ ABIM MOC/CE credits.

NACDD developed several outreach materials to help increase awareness of this opportunity to clinicians.



Double Click for
Provider Content

PODCASTS

FOR PROVIDERS & PUBLIC HEALTH OFFICIALS

TAI CHI FOR ARTHRITIS PROGRAM

Audrey Williams, a Public Health Advisor with CDC's Arthritis Management and Well-Being Program, discusses the benefits of Tai Chi for arthritis management.

Listen to this podcast at: <https://tools.cdc.gov/medialibrary/index.aspx#/media/id/744626>

You can subscribe to future podcast on arthritis management at <https://bit.ly/3TuqY2E>.

VIDEO

FOR PUBLIC HEALTH OFFICIALS

CHRONIC DISEASE SELF-MANAGEMENT EDUCATION FOR ARTHRITIS

This video discusses Chronic Disease Self-Management Education Programs and their ability to help manage arthritis, as well as other chronic health conditions.

View this video at: <https://www.youtube.com/watch?v=YcUhenC72rE>

Check out the Iowa Community HUB Provider Champion Videos at <https://iacommunityhub.org/clinicians/>

KEY WEBSITES

- PUBLIC: CDC Physical Activity for Arthritis - <https://www.cdc.gov/arthritis/basics/physical-activity/index.html>
- PUBLIC: Arthritis Foundation Helpline - <https://rheumatology.org/osteoarthritis-guideline>
- PUBLIC: The Weight & Osteoarthritis Connection: <https://oaaction.unc.edu/resource-library/prevent-oa/weight-management/>
- HEALTH CARE PROVIDERS: No-cost CME activity available to HCP on arthritis-appropriate interventions - <https://chronicdisease.org/empowering-healthcare-providers-to-educate-patients-on-arthritis-interventions/>
- HEALTH CARE PROVIDERS: CDC Treating & Managing Arthritis - https://www.cdc.gov/arthritis/healthcare/treating_arthritis.html
- HEALTH CARE PROVIDERS: CDC Arthritis & Joint Pain Management - <https://www.cdc.gov/arthritis/pain/joint-pain-management.htm>
- HEALTH CARE PROVIDERS: Treatment Guidelines for Osteoarthritis - <https://www.arthritis.org/diseases/more-about/guidelines-for-osteoarthritis-treatments>
- HEALTH CARE PROVIDERS: Exercise is Medicine - <https://www.exerciseismedicine.org/>
- HEALTH CARE PROVIDERS: Osteoarthritis Guideline - <https://rheumatology.org/osteoarthritis-guideline>
- Iowa Community HUB: <https://iacommunityhub.org/>
- Better Choices, Better Health: <https://hhs.iowa.gov/programs/programs-and-services/better-choices-better-health>
- Tai Chi for Arthritis: <https://www.ncoa.org/article/the-health-benefits-of-tai-chi-and-how-to-get-started>
- Walk with Ease: <http://www.walkwitheaseisu.org/>

JUNE- ALZHEIMER'S AWARENESS MONTH

Email Sample: Regarding Alzheimer's Disease and the Link to Arthritis

Subject: Celebrating Alzheimer's Awareness Month: Tips for Helping Individuals with Dementia Stay Active

Dear [Healthcare Provider/Community Partner],

Alzheimer disease (AD) and related dementias are a group of debilitating disorders that primarily affect the elderly and cause significant limitations in physical, mental, and social capabilities. Pain is a significant trigger of behavioral disturbance in patients with dementia but is often overlooked or ignored. Most common complaints concern musculoskeletal pain such as joint, back, and leg pain. As we observe **Alzheimer's Awareness Month** this June, it serves as a poignant reminder of the importance of a healthy lifestyle for individuals with a diagnosis of dementia as it can help one live well with the diagnosis for as long as possible. Not only is it important to adopt a healthy lifestyle to best manage an individual's diagnosis of dementia, but a healthy lifestyle can substantially lower risk for Alzheimer's disease.

We encourage all members of the community, regardless of age or chronic condition, to take part in healthy initiatives during Alzheimer's Awareness Month. Whether it's participating in a virtual fitness class, trying heart-healthy recipes, or spreading awareness on social media, every action contributes to our collective effort in combating Alzheimer's Disease and ensuring better management of arthritis.

The right preventive measures can manage arthritis symptoms and support healthy lifestyles. Those preventive measures are best provided by the [Arthritis-Appropriate, Evidence-Based Interventions](#) (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions.

We are reaching out to healthcare providers and community partners to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis and/or Alzheimer's Disease, along with many other chronic conditions. Check out the [Iowa Community HUB](#) to learn more about AAEBIs at the [Program Library](#) and [Make a Referral](#) to a program from the website. You can make a general referral for the HUB team to help find the best program for an individual. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Social Media Sample: Regarding Alzheimer's Disease and the Link to Arthritis

1. According to Dr. Ryan Carnahan, Professor of Epidemiology at the University of Iowa and board certified psychiatric pharmacist, “a dementia diagnosis doesn’t mean it’s too late to benefit from Arthritis-Appropriate, Evidence-based Interventions. Over half of people with dementia live with pain, and arthritis is a common cause. Exercise and good nutrition can reduce pain and fall risk, and potentially slow progression of dementia.” Check out the Iowa Geriatric Center for more information on dementia and care of older adults. <https://igec.uiowa.edu/>.
#AlzheimersAwarenessMonth #IowaAAEBIs #HealthyIowans
2. Help us spread the word about Alzheimer’s Awareness month. Did you know that many individuals with a diagnosis of Alzheimer’s disease also must contend with symptoms of arthritis? Pain is a significant trigger of behavioral disturbance in individuals with dementia but is often overlooked or ignored. Adopting a healthy lifestyle can help one live well with the diagnosis for as long as possible.
#AlzheimersAwarenessMonth #livingwellwitharthritis #ArthritisSupport
3. The Tai Chi for Arthritis program is an Arthritis-Appropriate, Evidence-based Intervention (AAEBI) being delivered across Iowa. The program’s slow movements safely strengthen the heart and major muscle groups without undue strain. The main benefit may be to encourage people who are reluctant to exercise to move more and prevent chronic diseases including Alzheimer’s disease.
#AlzheimersAwarenessMonth #IowaAAEBIs #MoveBetterLiveBetter
4. The right meal plan can provide a “two-for-one” benefit by helping both your painful and stiff joints while addressing the health and wellness of your brain. Try the Better Choices, Better Health program to learn about eating well and other interactive educational activities that will keep your mind on activities that can help prevent Alzheimer’s Disease and better manage your arthritis symptoms.
#AlzheimersAwarenessMonth #IowaAAEBIs #livingwellwitharthritis
5. Let's extend our love and support to older adults living with arthritis with a focus on Alzheimer’s Awareness Month. Did you know that pain and inflammation caused by arthritis can worsen symptoms of dementia? That's why it's crucial to prioritize a healthy lifestyle for all Iowans. Check out the Walk With Ease program to help older adults ease their way into a regular walking routine.
#AlzheimersAwarenessMonth #WalkWithEase #SeniorHealth #HealthyIowans

Website Language Sample: Regarding Alzheimer's Disease and the Link to Arthritis

Alzheimer disease (AD) and related dementias are a group of debilitating disorders that primarily affect older adults and cause significant limitations in physical, mental, and social capabilities. Pain is a significant trigger of behavioral disturbance in patients with dementia but is often overlooked or ignored, particularly in people with communication difficulties. Most common complaints concern musculoskeletal pain such as joint, back, and leg pain. As we observe **Alzheimer's Awareness Month** this June, it serves as a poignant reminder of the importance of a healthy lifestyle for individuals with a diagnosis of dementia as it can help one live well with the diagnosis for as long as possible. Not only is it important to adopt a healthy lifestyle to best manage an individual's diagnosis of dementia, by combining more healthy lifestyle behaviors was associated with substantially lower risk for Alzheimer's disease.

We encourage all members of the community, regardless of age or chronic condition, to take part in healthy initiatives during Alzheimer's Awareness Month. Whether it's participating in a virtual fitness class, trying heart-healthy recipes, or spreading awareness on social media, every action contributes to our collective effort in combating Alzheimer's Disease and ensuring better management of arthritis.

With the right preventive measures, you can manage your arthritis symptoms and work on your healthy lifestyle. Those preventive measures are best provided by the Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions.

We invite you to join us in this mission to promote healthier living for all Iowans. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.

Newsletter Content Sample: Regarding Alzheimer's Disease and the Link to Arthritis

Subject: Celebrating Alzheimer's Awareness Month: Tips for Helping Individuals with Dementia Stay Active

Target Population: Older Adults

Title: Empowering Iowans through increasing education and awareness

As we observe Alzheimer's Awareness Month, it's essential to shed light on the intricate relationship between arthritis, brain health, and overall well-being, particularly for our aging population in Iowa. Arthritis affects millions of Americans; individuals over sixty are especially susceptible to its impacts. Arthritis can create a challenging cycle where joint pain leads to decreased physical activity, exacerbating co-morbidities like obesity, diabetes, heart disease, and dementia. In turn, these conditions worsen arthritis symptoms, contributing to a cycle of pain and disability. Additionally, the risk of falls increases due to decreased mobility and weakened muscles.

The Iowa Community HUB connects individuals to comprehensive programs all across the state focusing on addressing arthritis and its co-morbidities through a holistic approach that includes:

Arthritis and Health Education: Providing valuable information about arthritis management and other chronic conditions, including the importance of diet, exercise, and fall prevention strategies.

Dietary Guidance: Offering nutrition resources to support healthy eating habits that can alleviate arthritis symptoms and prevent or better manage brain health.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis, emphasizing low-impact activities that improve mobility and reduce pain.

Falls Prevention: Equipping individuals with techniques and resources to prevent falls, enhancing safety and confidence in daily activities.

We invite all community partners to collaborate with us in increasing referrals to Arthritis-Appropriate, Evidence-based Interventions (AAEBIs) programs. Together, we can ensure that all Iowans over sixty with arthritis and/or Alzheimer's Disease (and other dementia conditions) receive the support and resources they need to live healthier, more fulfilling lives.



Healthcare providers can learn more about assessing and managing mobility-related issues and cognitive disorders in older adults from the Iowa Geriatric Education Center's online programs, such as "Geriacasts," on topics related to mobility and mentation.

<https://igec.uiowa.edu/geriacasts-topics>

[Your Organization Name/Title] [Contact Information]

Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.

JULY - NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

Email Sample: Regarding Diversity, Equity, and Inclusion in Arthritis Management

Dear [Healthcare Provider/Community Partner],

As we observe National Minority Mental Health Awareness Month this July, it serves as a poignant reminder of the importance of prioritizing your health, especially for individuals from racial and ethnic groups. Having any form of arthritis can have a negative effect on your mental health which manifests most commonly as depression or anxiety. But mental health problems can also worsen arthritis. According to the National Institute of Health, among adults with arthritis, rates of activity limitations are highest for American Indians/Alaska Natives, followed by multiracial, Black, and Hispanic/Latino adults. Rates of severe pain from arthritis are also higher in some racial and ethnic minority groups. Overall, about 25% of people with arthritis have severe pain. But Black adults with arthritis have the highest rate of severe pain, at 42.3%, followed by Hispanic/Latino adults, at 35.8%.

<https://www.cdc.gov/arthritis/pain/index.htm>

https://www.cdc.gov/arthritis/data_statistics/disparities.htm

This July we are focused on increasing diversity, equity and inclusion among health care professionals who provide arthritis care. In a recent report of National Health Interview Survey data, access to health care was identified as a potential cause of racial disparities in arthritis-related health outcomes. Let's make a change this July and increase access to preventive measures that improve arthritis symptoms for all Iowans!

Those preventive measures are best provided by the Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions, including mental health conditions such as depression and anxiety.

We are reaching out to healthcare providers and community partners to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis and improve mental health! Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.



Warm regards,

[Your Name] [Your Title/Position] [Your Contact Information]

Social Media Sample: Regarding Diversity, Equity, and Inclusion in Arthritis Management

1. Having any form of arthritis can have a negative effect on your mental health which manifests most commonly as depression or anxiety. But mental health problems can also worsen arthritis. According to the National Institute of Health, among adults with arthritis, rates of activity limitations are highest for American Indians/Alaska Natives, followed by multiracial, Black, and Hispanic/Latino adults. Let's make a change this July and promote everyone having a fair and just opportunity to reach their highest level of mental health and emotional well-being!
#NationalMinorityMentalHealthAwarenessMonth #MentalHealthMatters #ArthritisCare
2. Many people from racial and ethnic minority groups have difficulty getting mental health care. This can be due to many different reasons, such as cost or not having adequate health insurance coverage. Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) help all individuals through physical activities, increased awareness, self-management, and social connectedness. Let's increase access to these interventions this July! Contact the Iowa Community HUB for more information.
#NationalMinorityMentalHealthAwarenessMonth #HUBPartners #IowaAAEBIs
3. Everyone benefits when people from racial and ethnic minority groups can thrive. We all have a role to play in promoting health equity. Better Choices, Better Health, also known as the Chronic Disease Self-Management Program (CDSMP), helps adults and caregivers manage the symptoms of chronic conditions, such as heart disease, **arthritis**, diabetes, depression, asthma, bronchitis, emphysema, and any other physical and **mental health** conditions. Help increase access to this important program!
#NationalMinorityMentalHealthAwarenessMonth #IowaAAEBIs #ArthritisCare
4. Partner with us to fill gaps in expertise and representation from racial and ethnic minority groups in Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) by becoming a program instructor. Contact us at the Iowa Community HUB for more information.
#NationalMinorityMentalHealthAwarenessMonth #IowaAAEBIs #MentalHealthMatters
5. Make mental health educational materials accessible by referring **all** patients to the Walk with Ease Program. This Arthritis-Appropriate, Evidence-Based Intervention (AAEBI) has been proven effective in increasing balance, reducing arthritis pain, improving mental health, flexibility, and overall physical health.
#NationalMinorityMentalHealthAwarenessMonth #WalkWithEase #HealthyIowans



Website Language Sample: Regarding Diversity, Equity, and Inclusion in Arthritis Management

National Minority Mental Health Awareness Month serves as a poignant reminder of the importance of prioritizing your health, especially for individuals from racial and ethnic groups. Having any form of arthritis can have a negative effect on your mental health which manifests most commonly as depression or anxiety. But mental health problems can also worsen arthritis. According to the National Institute of Health, among adults with arthritis, rates of activity limitations are highest for American Indians/Alaska Natives, followed by multiracial, Black, and Hispanic/Latino adults. Rates of severe pain from arthritis are also higher in some racial and ethnic minority groups. Overall, about 25% of people with arthritis have severe pain. But Black adults with arthritis have the highest rate of severe pain, at 42.3%, followed by Hispanic/Latino adults, at 35.8%.

<https://www.cdc.gov/arthritis/pain/index.htm>

https://www.cdc.gov/arthritis/data_statistics/disparities.htm

This July we are focused on expanding community-based mental health and wellness, including culturally responsive programs and services at low or no cost by improving access to Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions, including mental health conditions such as depression and anxiety.

We are reaching out to healthcare providers and community partners to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for **all** Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis and improve mental health! Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.

Newsletter Content Sample: Regarding Diversity, Equity, and Inclusion in Arthritis Management

Subject: Celebrating National Minority Mental Health Awareness Month

Title: Empowering Iowans through increasing education and awareness



National Minority Mental Health Awareness Month serves as a poignant reminder of the importance of prioritizing your health, especially for individuals from racial and ethnic groups. Numerous studies have investigated the impact of ethnicity, race, age, and gender on the disease outcomes of arthritis in the United States. Arthritis tends to be higher among minority groups and can further impair their quality of life. Having any form of arthritis can have a negative effect on your mental health which manifests most commonly as depression or anxiety. Mental healthcare is an important key to improved health outcomes. Research has shown that treating depression and chronic illness together can help people better manage both their depression and their chronic condition. Let's make a difference by prioritizing access to Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) for the holistic approach to managing arthritis and mental health conditions.

The Iowa Community HUB connects individuals to AAEBIs all across the state focusing on addressing arthritis and its co-morbidities through a holistic approach that includes:

Arthritis and Health Education: Providing valuable information about arthritis management and other chronic conditions, including the importance of diet, exercise, and fall prevention strategies.

Dietary Guidance: Offering nutrition resources to support healthy eating habits that can alleviate arthritis symptoms and prevent.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis, emphasizing low-impact activities that improve mobility and reduce pain.

Falls Prevention: Equipping individuals with techniques and resources to prevent falls, enhancing safety and confidence in daily activities.

We invite all community partners to collaborate with us in increasing referrals to AAEBIs in Iowa. Together, we can ensure that all Iowans receive the support and resources they need to live healthier, more fulfilling lives.

[Your Organization Name/Title] [Contact Information]

Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.



AUGUST- NATIONAL WELLNESS MONTH

Email Sample: Regarding Healthier Living with Arthritis

Subject: Promoting Healthier Living for Iowans: Wellness and Well-Being

Dear [Healthcare Provider/Community Partner],

As we celebrate National Wellness Month throughout August, I want to emphasize the importance of prioritizing holistic well-being. We recognize the significant impact that arthritis and its co-morbidities have on individuals' quality of life. Arthritis often accompanies other chronic conditions such as diabetes, high blood pressure, and heart disease, creating a complex web of challenges for individuals seeking to manage their health effectively. Physical activity plays a pivotal role in managing these conditions, yet joint pain frequently leads to decreased activity levels, exacerbating the cycle of obesity, diabetes, and heart disease. Incorporating wellness interventions that meet individual needs can make a real difference for people living with arthritis to achieve optimum wellness. Complementing pharmacological treatment and pain control strategies with prescription for physical activity, healthy eating, and mindful practices isn't as difficult as you may think.

As part of our efforts to enhance access to wellness services, we are reaching out to healthcare providers and community partners like you to increase referrals to Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) programs across Iowa. By collaborating closely, we can ensure that individuals with arthritis receive the holistic care they need to manage their condition effectively and reduce the risk of co-morbidities and falls. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis and its associated challenges. Connect with the Iowa Community HUB to learn more about AAEBIs happening across our state.

Thank you for your dedication to improving the health and well-being of our community.

Warm regards,

[Your Name] [Your Title/Position] [Your Contact Information]

Social Media Sample: Regarding Healthier Living with Arthritis

1. Welcome to National Wellness Month! Let's take this opportunity to prioritize our health and well-being in every aspect of our lives, including better arthritis care. From nourishing our bodies with wholesome foods to nurturing our minds with mindfulness practices, let's embark on a journey of wellness. Join us as we celebrate self-care, resilience, arthritis support, and the pursuit of a healthier, happier life.
#NationalWellnessMonth #HolisticHealth #ArthritisSupport #HealthyIowans
2. During National Wellness Month, let's shine a light on the holistic care needed for those living with arthritis. From mindful movement to nurturing mental health, let's empower individuals to thrive despite the challenges. Refer someone to the Walk with Ease Program for proven health benefits for individuals with arthritis.
#NationalWellnessMonth #ArthritisAwareness #WalkWithEase
3. This National Wellness Month let's recognize the resilience of those managing arthritis and highlight the importance of self-care. Check out the Better Choices, Better Health program for information on gentle exercises and nourishing nutrition and where individuals are supported in their journey towards optimal well-being.
#NationalWellnessMonth #ArthritisAwareness #IowaAAEBIs
4. Seniors, this National Wellness Month, let's focus on holistic health, especially for those managing arthritis. From gentle exercises to nutritious meals and mindfulness practices, let's prioritize your well-being. Check out the Iowa Community HUB for information about programs around the state that promote health and well-being at the HUB website: <https://iacommunityhub.org/>. Together, let's thrive!
#NationalWellnessMonth #SeniorHealth #ArthritisAwareness
5. Happy National Wellness Month! It's the perfect time to focus on self-care, nourishment, and finding balance in our lives. Whether it's practicing Tai Chi for Arthritis, enjoying nature, or simply taking time for ourselves, let's prioritize our well-being and embrace the journey to a healthier, happier lifestyle. Here's to feeling our best, inside and out!
#NationalWellnessMonth #IowaAAEBIs #HealthyIowans

Website Language Sample: Regarding Healthier Living with Arthritis

Website Content: Empowering Iowans with Arthritis through wellness

August is National Wellness Month! It's time to celebrate feeling good and focus our energies on stress management, self-care, implementing healthy routines, and improving overall health and wellness. But that is a challenge for many Iowans with arthritis. Arthritis affects millions of Americans and many also experience co-morbidities such as diabetes, high blood pressure, and heart disease along with their arthritis symptoms. These co-existing conditions can significantly impact an individual's ability to engage in physical activity, exacerbating the cycle of pain and disability. That is why prioritizing health and wellness is especially critical for those with a diagnosis of arthritis.

This month serves as an important reminder to check in with yourself and others, finding ways to take better care of yourself physically, mentally, emotionally, and spiritually. Arthritis-Appropriate, Evidence-Based Programs (AAEBIs) is a great way to start prioritizing your well-being as these programs have all the elements necessary to engage in your wellness. These programs include:

Arthritis Education: Several AAEBIs provide valuable information about arthritis, arthritis care, and self-management education including how to make healthy lifestyle choices and learning to manage the physical and emotional effects of arthritis.

Exercise Programs: Some of the AAEBIs are evidence-based exercise programs designed specifically for individuals with arthritis, focusing on low-impact activities that improve mobility and reduce pain.

Falls Prevention: Other AAEBIs focus on raising your awareness of falls risk and training to help individuals prevent falls, enhance home safety, and build confidence in performing daily activities.

We invite you to join us in promoting healthier living for all Iowans. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and you can Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details. Share broadly and spread the message of prioritizing your health and wellness with other Iowans!

Contact us for more information about our programs and services at [insert contact information].

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.

Newsletter Content Sample: Regarding Healthier Living with Arthritis

Newsletter Content: Promoting Healthier Living for Iowans with Arthritis

Title: Breaking the Cycle: Managing Arthritis and Creating Healthier Habits

Dear [Community Members/Healthcare Providers],

As we observe National Wellness Month, it's essential to shed light on the intricate relationship between arthritis, diet, exercise, and overall well-being. Arthritis affects millions of Americans, and many of these individuals also grapple with co-morbidities such as diabetes, high blood pressure, and heart disease, further complicating their health management journey. Arthritis can create a challenging cycle where joint pain leads to decreased physical activity, exacerbating co-morbidities like obesity, diabetes, and heart disease. In turn, these conditions worsen arthritis symptoms, contributing to a cycle of pain and disability. Additionally, the risk of falls increases due to decreased mobility and weakened muscles. That is why prioritizing health and wellness is especially critical for those with a diagnosis of arthritis.

The Iowa Community HUB connects individuals to Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) all across the state focusing on addressing arthritis and its co-morbidities through a wellness lens that includes:

Arthritis and Health Education: Providing valuable information about arthritis management and other chronic conditions, including the importance of diet, exercise, and fall prevention strategies.

Dietary Guidance: Offering nutrition resources to support healthy eating habits that can alleviate arthritis symptoms and help improve emotional health and well-being.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis, emphasizing low-impact activities that improve mobility and reduce pain.

Falls Prevention: Equipping individuals with techniques and resources to prevent falls, enhancing safety and confidence in daily activities.



We invite all community partners to collaborate with us in increasing referrals to AAEBIs across the state. Together, we can ensure that all Iowans receive the support and resources they need to live healthier and maximize their wellness.

Warm regards,

[Your Organization Name/Title] [Contact Information]

Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.

SEPTEMBER- FALLS PREVENTION AWARENESS MONTH

Email Sample: Regarding Falls Prevention and Walking

Subject: Celebrating Falls Prevention Awareness Month with Focus on Walk with Ease

Dear [Healthcare Provider/Community Partner],

As we observe Falls Prevention Awareness Month this September, it serves as a poignant reminder of the importance of prioritizing our physical activity and walking especially for individuals with a diagnosed arthritis condition. Those with arthritis are at a much greater risk of falling. The CDC found that those with arthritis are 2.5 times more likely to report two or more falls and suffer a fall-related injury as those without arthritis.

We encourage all members of the community, regardless of age, to take part in healthy initiatives during Falls Prevention Awareness Month. Whether it's participating in a community walking program, making an appointment with your doctor if you've had any concerns about falling, or spreading awareness on social media, every action contributes to our collective effort in ensuring better management of arthritis and falls prevention.

With the right preventive measures, including checking in with your doctor for a complete assessment of your risk for falls, you can begin your journey to a healthier and more active lifestyle. Those preventive measures are best provided by the Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and to teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions. Walk with Ease is a proven evidence-based activity to decrease arthritis pain. Also, as a bonus, physical activity is the best way to prevent falls.

We are reaching out to healthcare providers and community partners like you to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Best regards,

[Your Name] [Your Title/Position] [Your Contact Information]

Social media Sample: Regarding Falls Prevention and Walking

1. Let's spread awareness and prevent falls this month and beyond. Did you know that arthritis can increase the risk of injury related falls? Better management of arthritis is crucial in prioritizing health at every age. Learn more about Arthritis-Appropriate, Evidence-based Interventions that not only improve arthritis care but can also reduce the risk of falls [HERE](#).
#FallsPreventionAwarenessMonth #ArthritisAwareness #ArthritisManagement
2. The Tai Chi for Arthritis Program is an Arthritis-Appropriate, Evidence-based Intervention (AAEBI) being delivered across Iowa which also can prevent falls risk. The program's slow movements involve both the upper and lower body, which safely strengthens major muscle groups without undue strain. A few of the main benefits include improving balance to prevent falls and reducing pain and stiffness.
#FallsPreventionAwarenessMonth #IowaAAEBIs #HealthyIowans
3. Walk with Ease is an Arthritis-Appropriate, Evidence-based Intervention (AAEBI) being delivered across Iowa. It is a good choice for an exercise program to improve balance and strength, help you better manage arthritis symptoms, and make walking more enjoyable. Let's focus on preventing falls this month by talking to your doctor about safely getting more physically active.
#FallsPreventionAwarenessMonth #WalkWithEase #ArthritisSupport
4. Let's extend our support to older adults managing arthritis by focusing on falls prevention this month. Did you know that arthritis and falls risk often go hand in hand? That's why it's crucial to prioritize physical activity to decrease pain and fall risk! Promote the Falls Free Check-Up this month to help seniors determine their falls risk score and find resources.
#FallsPreventionAwarenessMonth #ArthritisManagement #SeniorHealth
5. Check out this Exercise Handout for joint-friendly tips tailored for those living with arthritis. Together, let's navigate the journey to better balance, health and joint wellness with positivity and resilience! Exercise Handout Click [Here](#)
#FallsPreventionAwarenessMonth #JointPain #WellnessJourney

Website Language Sample: Regarding Falls Prevention and Walking

Website Content: Celebrating Falls Prevention Month: Linking Arthritis with Falls Prevention

Falls represent an important adverse effect associated with arthritis and can result in significant pain, injury or worse. More than 58 million adults in the United States have arthritis. Many adults with arthritis have moderate or severe joint pain and approximately 44% of adults with arthritis report limitations, including trouble doing daily activities. Individuals who have a fear of falling may lose confidence in their ability to perform daily activities and lose their independence and limit their social connections. Therefore, it is important to connect individuals with arthritis to effective programs and services that can address both arthritis symptoms and falls risk.

Falls are a leading cause of injury worldwide but patients with arthritis have a higher risk of being injured and having worse injuries. Prevention is everything when it comes to falls, and we should make it a priority every month to discuss prevention, especially with individuals who are managing an arthritis condition. Those preventive measures are best provided by the **Arthritis-Appropriate, Evidence-Based Interventions** (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions including preventing falls.

We are reaching out to healthcare providers and community partners to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.



Newsletter Content Sample: Regarding Falls Prevention and Walking

Newsletter Content: Celebrating Falls Prevention Month: Linking Arthritis with Falls Prevention

Target Population: Older Adults

Title: Empowering Iowans through increasing education and awareness

Dear [Community Members/Healthcare Providers],

As we observe Falls Prevention Awareness Month, it's essential to shed light on the intricate relationship between arthritis, falls risk, and overall well-being, particularly for our aging population in Iowa. Arthritis affects millions of Americans, and individuals over sixty are especially susceptible to its impacts. Arthritis can create a challenging cycle where joint pain leads to decreased physical activity, exacerbating co-morbidities like obesity, diabetes, and heart disease. In turn, these conditions worsen arthritis symptoms, contributing to a cycle of pain, disability. Additionally, the risk of falls increases due to decreased mobility and weakened muscles.

The Iowa Community HUB connects individuals to Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) all across the state focusing on addressing arthritis and its co-morbidities through a wellness lens that includes:

Arthritis and Health Education: Providing valuable information about arthritis management and other chronic conditions, including the importance of diet, exercise, and falls prevention strategies.

Dietary Guidance: Offering nutrition resources to support healthy eating habits that can alleviate arthritis symptoms and help improve emotional health and well-being.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis, emphasizing low-impact activities that improve mobility and reduce pain.

Falls Prevention: Equipping individuals with techniques and resources to prevent falls, enhancing safety and confidence in daily activities.

We invite all community partners to collaborate with us in increasing referrals to AAEBIs across the state. Together, we can ensure that all Iowans receive the support and resources they need to live healthier and falls free lives.



Warm regards,

[Your Organization Name/Title] [Contact Information]

Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.

OCTOBER - NATIONAL PHYSICAL THERAPY MONTH

Email Sample: Regarding the Benefits of Physical Therapy for Managing Arthritis

Subject: Celebrating National Physical Therapy Month

Dear [Healthcare Provider/Community Partner],

As we observe Physical Therapy Month this October, it serves as a poignant reminder of the importance of physical therapy and routine health screenings for individuals with a diagnosed arthritis condition. Physical therapy can help alleviate and limit the symptoms of arthritis and corresponding physical limitations. Physical therapy goals for individuals with arthritis include improving mobility and restoring functional movement, managing pain symptoms, increasing strength to support joints, maintaining fitness as best as possible, and preserving the ability to perform daily activities.

Physical therapy focuses on the body's ability to engage in movement, and individuals with arthritis are estimated to decrease their pain and improve function by 40% by being physically active. We encourage all community members, regardless of age, to participate in physical activities during Physical Therapy Month. Whether it's participating in a virtual fitness class, practicing exercises at home, visiting with a physical therapist, or spreading awareness on social media, every action contributes to our collective effort to ensure better management of arthritis.

With the right preventive measures, you can help individuals manage their arthritis symptoms and live a healthier lifestyle. Those preventive measures are best provided by the Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions. If you are unsure whether an individual is ready to participate in an AAEBI, have them check with a local physical therapist who can determine their safe participation.

We are reaching out to healthcare providers and community partners to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website.



You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Warm regards,

[Your Name]

[Your Title/Position] [Your Contact Information]

Social Media Sample: Regarding the Benefits of Physical Therapy for Managing Arthritis

1. Let's celebrate the work of physical therapists and physical therapist assistants who help people move better, feel better, and live better every day. Whether it's recovering from injury, managing chronic pain, or optimizing performance, physical therapy plays a crucial role in improving quality of life.
#PhysicalTherapyMonth #MoveBetterLiveBetter #ArthritisAwareness
2. From injury recovery to improving mobility and enhancing overall wellness, physical therapy empowers individuals to live their best lives. Physical therapists can assess readiness for participation in an Arthritis-Appropriate, Evidence-Based Intervention (AAEBI) to better manage arthritis conditions.
#PhysicalTherapyMonth #ArthritisManagement #IowaAAEBIs
3. If your arthritis symptoms have caused you to be unsteady on your feet, check in with your local physical therapist to assess your fall risk. Your physical therapist might prescribe Tai Chi for Arthritis to help improve your health, relieve arthritis pain, and decrease your risk for falls.
#PhysicalTherapyMonth #IowaAAEBIs #livingwellwitharthritis #HealthyIowans
4. Physical therapy focuses on the body's ability to engage in movement and can help individuals get moving safely and effectively. Physical therapists encourage walking to help manage arthritis symptoms and maintain physical functioning. Check out the Walk with Ease program for a fun, community-based physical activity, and self-management education program.
#PhysicalTherapyMonth #WalkWithEase #BeActive #HealthyIowans
5. Arthritis affects a person's overall function and mobility, which can result in activity and other limitations. It is a leading cause of work disability among US adults. Physical therapists are often engaged with individuals that have arthritis-attributable disabilities and limitations. Physical therapy discharge plans can include a transition to a community-based program such as Better Choices, Better Health to continue maximizing optimal living with a disability.
#PhysicalTherapyMonth #IowaAAEBIs #ArthritisManagement



Website Language Sample: Regarding the Benefits of Physical Therapy for Managing Arthritis

Website Content: Celebrating National Physical Therapy Month

October is National Physical Therapy Month! Physical therapy (PT) is a promising treatment option for arthritis. PT can have a positive impact on arthritis symptoms, help individuals to move better, and improve overall well-being. Individuals also learn how to reduce stress on joints, how to move safely, prevent falls, and how to best manage pain when arthritis symptoms are flaring up.

Arthritis affects millions of Americans and people with arthritis also experience co-morbidities such as diabetes, high blood pressure, and heart disease. This National Physical Therapy Month we are promoting Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) as an important part of arthritis care plans and encouraging physical therapists and other health care providers to plan for referral into AAEBIs. AAEBIs are programs that have been shown to improve arthritis symptoms, such as pain or limitations in function. They can be physical activity programs designed to help increase physical activity safely and comfortably and they can be self-management education programs designed to teach individuals how to cope with arthritis-related symptoms and how to adopt healthy behaviors to maintain active and fulfilling lives.

Join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Contact us for more information about our programs and services, at [insert contact information].

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.

Newsletter Content Sample: Regarding the Benefits of Physical Therapy for Managing Arthritis

Newsletter Content: Celebrating National Physical Therapy Month

Title: Empowering Iowans through exercise and education



Dear [Community Members/Healthcare Providers],

As we observe National Physical Therapy Month, it's essential to shed light on the role of physical therapy in managing arthritis. Arthritis affects a person's overall function and mobility, which can result in activity and other limitations. It is a leading cause of work disability among US adults. Physical therapists are often engaged with individuals that have arthritis-attributable disabilities and limitations. Physical therapy has the ability to ease arthritis symptoms, reduce the need for pain medication, and even delay or negate the need for surgery. Once physical therapy improves arthritis symptoms and meets a patient's movement goals, then a discharge plan is put in place which can include a referral to an Arthritis-Appropriate, Evidence-Based Intervention (AAEBI).

The Iowa Community HUB connects individuals to AAEBIs all across the state focusing on addressing arthritis symptoms through effective prevention and management strategies such as:

Arthritis and Health Education: Providing valuable information about arthritis management and other chronic conditions, including the importance of diet, exercise, and fall prevention strategies.

Dietary Guidance: Offering nutrition resources to support healthy eating habits that can alleviate arthritis symptoms and help improve overall well-being.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis, emphasizing low-impact activities that improve mobility and reduce pain.

Falls Prevention: Equipping individuals with techniques and resources to prevent falls, enhancing safety and confidence in daily activities.

We invite healthcare providers and community partners to collaborate with us in increasing referrals to AAEBIs across Iowa. Together, we can empower individuals with arthritis to break free from the cycle of arthritis pain leading to improved health and well-being for all. Go to the Iowa Community HUB website and Make a Referral!

Contact us for more information about our programs and services at [insert contact information].

Warm regards,

[Your Organization Name/Title] [Contact Information]

Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.

NOVEMBER – DIABETES AWARENESS MONTH

Email Sample: Addressing the Connection Between Arthritis and Diabetes

Subject: Celebrating National Diabetes Awareness Month

Dear [Healthcare Provider/Community Partner],

This year, CDC is emphasizing the importance of staying active during Diabetes Awareness Month. Physical activity is key to managing diabetes and joint pain caused by arthritis. Unfortunately, many people aren't aware of this, and health care providers can be crucial advisors to their patients about the significance of adding physical activity into their treatment plans.

Almost half of all adults with diabetes (47%) also have arthritis. People with arthritis have a 61% higher risk of developing diabetes than those without this joint disease. Arthritis may be a barrier to physical activity among adults with diabetes. Being physically active, for example, through aerobic exercise or strength training, can benefit people with arthritis or diabetes and especially people with both conditions. The goal is to get at least 150 minutes per week of moderate-intensity physical activity.

We encourage all members of the community, regardless of age, to take part in healthy initiatives during Diabetes Awareness Month. Whether it's participating in a virtual fitness class, trying diabetic-healthy recipes, or spreading awareness on social media, every action contributes to our collective effort in combating diabetes and ensuring better management of arthritis.

With the right preventive measures, you can best manage arthritis symptoms and encourage a diabetes healthy lifestyle. Those preventive measures are best provided by the Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs). The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and to teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions.

We are reaching out to healthcare providers and community partners to increase referrals to AAEBIs across Iowa. We invite you to join us in this mission to promote healthier living for all Iowans. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Best regards,

[Your Name] [Your Title/Position] [Your Contact Information]

Social Media Sample: Addressing the Connection Between Diabetes and Arthritis

1. Let's spread awareness for diabetes this month and beyond. Almost half of all adults with diabetes (47%) also have arthritis. According to the Arthritis Foundation, people with arthritis have a 61% higher risk of developing diabetes potentially due to a connection to inflammation, genetics, and shared risk factors like obesity and inactivity. We can improve these statistics by connecting people to Arthritis-Appropriate, Evidence-based Interventions (AAEBIs).
#DiabetesAwarenessMonth #IowaAAEBIs #ObesityManagement
2. The Tai Chi for Arthritis Program is an Arthritis-Appropriate, Evidence-based Intervention (AAEBI) being delivered across Iowa. Tai Chi for Arthritis has been shown to positively affect the management of blood sugar in individuals with diabetes and improves overall quality of life.
#DiabetesAwarenessMonth #IowaAAEBIs #HealthyIowans
3. The right meal plan can provide a “two-for-one” benefit by helping your painful and stiff joints while addressing healthy living with diabetes. Try the Better Choices, Better Health program to learn more about eating well and other interactive educational activities to improve your management of diabetes and arthritis symptoms.
#DiabetesAwarenessMonth #IowaAAEBIs #WeightManagement
4. Let's extend our support to older adults managing arthritis by focusing on diabetes this month. Did you know that arthritis, diabetes, and heart disease often go hand in hand? We can prioritize all those conditions through the Walk with Ease Program. Walk with Ease is a great program for beginners or for those with chronic conditions that need flexibility and accommodations to successfully adopt a physical activity routine.
#DiabetesAwarenessMonth #WalkWithEase #MoveBetterLiveBetter
5. Individuals with arthritis have a greater risk for diabetes. Let's promote the Prediabetes Risk Test this month for those you know with an arthritis diagnosis as a step towards preventing diabetes. Take the Test HERE!
#DiabetesAwarenessMonth #HealthyIowans #ArthritisManagement

Website Language Sample: Addressing the Connection Between Diabetes and Arthritis

Website Content: Celebrating Diabetes Awareness Month: Linking Arthritis with Diabetes



More than 58 million adults in the United States have arthritis. Many adults with arthritis have moderate or severe joint pain and approximately 44% of adults with arthritis report limitations, including trouble doing daily activities. Further, arthritis and arthritis-attributable activity limitations are most prevalent among adults with worse physical and mental health profiles and greater social disadvantage. Many people with arthritis also experience co-morbidities such as **diabetes**, high blood pressure, and heart disease. These co-existing conditions can significantly impact an individual's ability to engage in physical activity, exacerbating the cycle of pain and disability.

It is important to raise awareness and education about the link between diabetes and arthritis. Physical activity is key to managing diabetes and joint pain caused by arthritis. However, joint pain often leads to decreased activity levels, making it harder to manage conditions like obesity, diabetes, and heart disease. Join us in promoting Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) as an important part of arthritis and diabetes care plans and encouraging health care providers to plan for referral into AAEBIs. The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions including diabetes.

Together, we can make a meaningful difference in the lives of those affected by arthritis and diabetes along with many other chronic conditions. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Contact us for more information about our programs and services, at [insert contact information].

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.

Newsletter Content Sample: Addressing the Connection Between Diabetes and Arthritis

Newsletter Content: Celebrating Diabetes Awareness Month: Linking Diabetes with Arthritis

Target Population: Older Adults

Title: Empowering Iowans through increasing education and awareness



Dear [Community Members/Healthcare Providers],

As we observe Diabetes Awareness Month, it's essential to shed light on the intricate relationship between arthritis, diabetes, heart health, and overall well-being, particularly for our aging population in Iowa. Arthritis affects millions of Americans; individuals over sixty are especially susceptible to its impacts. Arthritis can create a challenging cycle where joint pain leads to decreased physical activity, exacerbating co-morbidities like obesity, diabetes, and heart disease. In turn, these conditions worsen arthritis symptoms, contributing to a cycle of pain and disability. Additionally, the risk of falls increases due to decreased mobility and weakened muscles.

The Iowa Community HUB connects individuals to Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) all across the state focusing on addressing arthritis symptoms through effective prevention and management strategies such as:

Arthritis and Health Education: Providing valuable information about arthritis management and other chronic conditions, including the importance of diet, exercise, and diabetes care.

Dietary Guidance: Offering nutrition resources to support healthy eating habits that can alleviate arthritis symptoms and help improve management of blood sugar levels for individuals with diabetes.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis, emphasizing low-impact activities that improve mobility and reduce pain.

Falls Prevention: Equipping individuals with techniques and resources to prevent falls, enhancing safety and confidence in daily activities.

We invite healthcare providers and community partners to collaborate with us in increasing referrals to AAEBIs across Iowa. Together, we can empower individuals with arthritis to break free from the cycle of arthritis pain leading to improved health and well-being for all. Go to the Iowa Community HUB website and Make a Referral!

Contact us for more information about our programs and services at [insert contact information].

Warm regards,

[Your Organization Name/Title] [Contact Information]



Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.

DECEMBER- REDUCING WINTER-RELATED ARTHRITIS PAIN

Email Sample: Staying Active During Cold Months

Subject: How does cold weather affect people with arthritis?

Dear [Healthcare Provider/Community Partner],

According to the Arthritis Foundation, frigid temperatures can heighten pain sensitivity, slow blood circulation and cause muscle spasms. Whether individuals have inflammatory arthritis or not (osteoarthritis), cooler temperatures may increase the thickness of the synovial or joint fluid, causing joints to become more stiff and have less mobility. While cold weather doesn't cause arthritis, it can exacerbate aches and pains. But it is still very important that individuals stay physically active during cold months.

There are plenty of ways people can reduce winter-related arthritis pain and still stay active in their management of symptoms. Staying active by choosing to move more indoors (gentle yoga, tai chi, treadmill or mall walking, indoor cycling, warm water pool therapy, etc.), hot showers to help one get moving in the morning, eating a balanced diet, and using heat therapy throughout the day. But if an individual is motivated by being in the great outdoors, urban pole walking is a great and safe way to keep moving during those winter months.

Urban poling, also known as Nordic walking, fitness walking, or pole walking, is a low-impact, full-body workout that is even more fun to do with family and friends. Poles can be used all year round including for winter walking. Take off the rubber tips and use the carbide steel tips for additional traction and stability on snowy terrain. Urban pole walking is a great activity for all fitness levels and provides a full body workout using 90% of the body's muscles. Walking with urban poles is less painful on your joints as it unloads weight and stress off hips, knees and ankles. Recommended by leading surgeons, physicians and therapists, Urban poles shift weight from the hips and knees to the upper body, helping to reduce pain and aid balance. The Arthritis Foundation recommends Urban Poles as an "ease of use" product for individuals with arthritis.

We are reaching out to healthcare providers and community partners to increase referrals to Arthritis-Appropriate, Evidence-based Interventions (AAEBIs) like the Walk with Ease Program that can be done with Urban Poles! We invite you to join us in this mission to promote healthier living for all Iowans. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Warm regards,

[Your Name]

[Your Title/Position] [Your Contact Information]

Social Media Sample: Staying Active During Cold Months

1. Winter can be challenging for people with arthritis. But it is still very important that individuals stay physically active during cold months. Consider moving indoors and try an Arthritis-Appropriate, Evidence-based Intervention (AAEBI) like Tai Chi for Arthritis that is gentle on the body.
#IowaAAEBIs #ArthritisAwareness #MoveBetterLiveBetter
2. Urban pole walking is a great and safe way to keep moving during these winter months. Recommended by leading surgeons, physicians and therapists, Urban Poles help reduce pain with walking and aid balance. Combine Urban Pole walking with an Arthritis-Appropriate, Evidence-based Intervention (AAEBI) like Walk with Ease and stay active during cold months.
#ArthritisManagement #WalkWithEase #UrbanPoling #HealthyIowans
3. There's a lot we can do to ease joint pain and stiffness. Don't suffer in silence during these cold months! Join an Arthritis-Appropriate, Evidence-based Intervention (AAEBI) like Better Choices, Better Health and connect with others to learn more about how to improve your symptoms and manage a more joyful winter.
#ArthritisCare #IowaAAEBIs #HealthyIowans
4. We are reaching out to healthcare providers and community partners to increase referrals to Arthritis-Appropriate, Evidence-based Interventions (AAEBIs) during these colder months. Many experience worsening joint pain and aches caused by the colder weather conditions. AAEBIs will help individuals better manage their pain during the winter season by promoting exercises that are gentler on the joints. Check out the HUB Program Library and Make a Referral!
#IowaAAEBIs #ArthritisManagement #IowaCommunityHUB
5. Urban poling, also known as Nordic walking, fitness walking, or pole walking, is a low-impact, full-body workout that is even more fun to do with family and friends. The Arthritis Foundation recommends Urban Poles as an “ease of use” product for individuals with arthritis. Learn more on the Iowa Community HUB website and stay active this winter with Urban Poles.
#ArthritisAwareness #MoveBetterLiveBetter #UrbanPoles

Website Language Sample: Staying Active During Cold Months

Website Content: How does cold weather affect people with arthritis?

According to the Arthritis Foundation, frigid temperatures can heighten pain sensitivity, slow blood circulation and cause muscle spasms. Whether individuals have inflammatory arthritis or not (osteoarthritis), cooler temperatures may increase the thickness of the synovial or joint fluid, causing joints to become more stiff and have less mobility. While cold weather doesn't cause arthritis, it can exacerbate aches and pains. But it is still very important that individuals stay physically active during cold months.

It is important to raise awareness and education about the importance of staying active during cold months for individuals with arthritis. Physical activity is key to managing joint pain caused by arthritis. However, cold weather often leads to decreased activity levels, making it harder to manage conditions like arthritis, diabetes, and heart disease. Join us in promoting Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) as an important part of arthritis care plans and encouraging health care providers to plan for referral into AAEBIs. The AAEBIs are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain active and fulfilling lives that benefit all chronic conditions.

Arthritis pain may feel worse in colder weather, but together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the Iowa Community HUB to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

Contact us for more information about our programs and services, at [insert contact information].

Note: Customize the website content with specific details about your organization, programs, and contact information. Consider including images, testimonials, and success stories to engage visitors and showcase the impact of your services.



Newsletter Content Sample: Staying Active During Cold Months

Newsletter Content: How does cold weather affect people with arthritis?

Title: Empowering Iowans through increasing education and awareness

Dear [Community Members/Healthcare Providers],

According to the Arthritis Foundation, frigid temperatures can heighten pain sensitivity, slow blood circulation and cause muscle spasms. For people living with arthritis, the winter months can often be the toughest time of the year. Symptoms of osteoarthritis and rheumatoid arthritis include pain and stiffness, tenderness, swelling and fatigue. While cold weather doesn't cause arthritis, it can exacerbate aches and pains. But it is still very important that individuals stay physically active during cold months.

The Iowa Community HUB connects individuals to Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) all across the state focusing on addressing arthritis symptoms through effective prevention and management strategies such as:

Arthritis and Health Education: Providing valuable information about arthritis and other chronic disease management, including the importance of diet, exercise, and pain control.

Dietary Guidance: Offering nutrition resources to support healthy eating habits that can alleviate arthritis symptoms and help improve overall well-being.

Exercise Programs: Implementing evidence-based exercise programs tailored to individuals with arthritis, emphasizing low-impact activities that improve mobility and reduce pain.

Falls Prevention: Equipping individuals with techniques and resources to prevent falls, enhancing safety and confidence in daily activities.

We invite healthcare providers and community partners to collaborate with us in increasing referrals to AAEBIs across Iowa. Together, we can empower individuals with arthritis to break free from the cycle of arthritis pain leading to improved health and well-being for all. Go to the Iowa Community HUB website and Make a Referral!

Contact us for more information about our programs and services at [insert contact information].

Warm regards,



[Your Organization Name/Title] [Contact Information]

Note: Feel free to customize the newsletter content with specific details about your organization and programs. Additionally, consider including testimonials or success stories from individuals who have benefited from your services.

THE MEDSCAPE CLINICAL PRACTICE ASSESSMENT

Purpose: Raising awareness about arthritis management strategies among healthcare providers.

Medscape Clinical Practice Assessment (MCPA): A free CME/CE designed for PCPs, PTs, OTs, CHWs, rheumatologists, orthopedic surgeons, sports medicine physicians, nurses, NPs, PAs, and other HCPs who provide care to patients with arthritis.

Goal of the MCPA: Self assess learning needs of healthcare providers related to non-pharmacologic interventions for patients with arthritis and be better able to incorporate AAEBIs into their patients' treatment programs.

Learning Objectives of MCPA:

- Have increased knowledge regarding the AAEBIs and other appropriate physical activity opportunities for patients with arthritis.
- Self-assess learning needs related to the benefits of physical activity in managing arthritis symptoms.

Iowa MCPA Link: https://www.medscape.org/viewarticle/983780?ecd=par_ia_distr_mscpedu

Thanks to a collaboration between the National Association of Chronic Disease Directors (NACDD) and Medscape Education!

Audience: Primary care physicians, physical therapists, occupational therapists, community health workers, rheumatologists, orthopedic surgeons, sports medicine physicians, nurses, nurse practitioners (NPs), physician assistants (PAs), and other healthcare practitioners (HCPs) who provide care to patients with arthritis.

Course Credits: Participants are awarded up to 0.25 CME/ ABIM MOC/CE credits.