



California Department of Public Health  
California Arthritis Partnership Program (CAPP)  
<http://cdph.ca.gov/programs/CAPP>

**Evidence-Based Interventions**

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**Physical Activity: Arthritis Foundation Exercise Program**  
**Evidence-Based in English**

Arthritis Foundation Exercise Program is a community-based exercise program developed by the Arthritis Foundation specifically designed for people with arthritis. Trained leaders cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs. The program's demonstrated benefits include improved functional ability, decreased depression, decreased pain, increased self-care behaviors, and increased confidence in one's ability to exercise. Classes typically meet two or three times per week.

**Physical Activity: Walk with Ease**  
**Evidence-Based in English**

Walk with Ease, a program of the Arthritis Foundation, is designed for people with arthritis and those without arthritis that would like to begin a regular walk program. Walk with Ease is a multi-component program that includes walking, health education, stretching and strengthening exercises, and motivational strategies. Walk with Ease meets three times a week for six-weeks and is led by a trained leader. Walk with Ease materials have been successfully implemented and evaluated, resulting in benefits such as increased physical activity, increased walking distance and speed, decreased pain, and decreased depression. The program is available as a group program or a self-directed option.

**Self-Management Workshop: Chronic Disease Self-Management Program- *Healthier Living***  
**Evidence-Based in English and Spanish**

Chronic Disease Self-Management Program (CDSMP), developed at Stanford University, is a self-management program for people with chronic health conditions. CDSMP workshops are facilitated by trained leaders, held in community settings and meet 2 ½ hours per week for 6 weeks. Subjects covered in CDSMP include: 1) techniques to deal with problems such as frustration, depression, fatigue, pain and isolation, 2) fitness and exercise, 3) appropriate use of medications, 4) communicating with health professionals, 5) nutrition, 6) and making treatment decisions. Workshop sessions are highly interactive and focus on building skills, sharing experiences and support. Participants who took CDSMP demonstrated significant improvements in exercise, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations.

**Self-Management Workshop: Arthritis Foundation Self-Help Program**  
**Evidence-Based in English and Spanish**

Arthritis Foundation Self-Help Program is a self-management program for people with different types of rheumatic diseases, such as osteoarthritis, rheumatoid arthritis, fibromyalgia, and lupus. Developed by Stanford University, the workshop helps people learn and practice the different skills needed manage their arthritis symptoms on a day-to-day basis. Workshops are facilitated by two trained leaders, held in community settings and meet 2 hours per week for 6 weeks. Subjects covered include: 1) techniques to deal with problems such as pain, fatigue, frustration and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) healthy eating, 6) making informed treatment decisions, and 7) disease related problem solving. Participants who took the program reported reduced pain, reduced disability, improved quality-of-life, and reduced utilization of medical services.