



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**  
**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, endurance-building and balance activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs. Demonstrated benefits of the program 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**  
**English**

*Walk with Ease*, a program of the Arthritis Foundation, is designed for people with arthritis and also 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: Healthier Living - (Chronic Disease Self-Management Program)**  
**English and Spanish**

*Healthier Living* is a self-management program for people with chronic health conditions. Developed by Stanford University, the workshops are facilitated by two trained leaders, held in community settings and meet 2 ½ hours per week for 6 weeks. Subjects covered 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. Demonstrated benefits of the program include significant improvements in exercise behaviors, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations.

- **Self-Management Workshop: Arthritis Foundation Self-Help Program**  
**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, workshops 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. Demonstrated benefits of the program include reduced pain, reduced disability, improved quality-of-life, and reduced utilization of medical services.