



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

**Arthritis Intervention Programs**

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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. Class instructors undergo special Arthritis Foundation instructor-training workshop conduct classes. Trained instructors 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.

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

Arthritis Foundation Self-Help Program is an effective self-management education program for people with different types of rheumatic diseases, such as osteoarthritis, rheumatoid arthritis, fibromyalgia, lupus, and others. Developed by Stanford University, the course helps people learn and practice the different skills needed to build an individualized self-management program and manage their arthritis symptoms on a day-to-day basis. Workshops are facilitated by 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, when compared to those who did not, reported reduced pain, reduced disability, improved quality-of-life, and reduced utilization of medical services, even four years after course participation.

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

Chronic Disease Self-Management Program (CDSMP), developed at Stanford University, is an effective self-management education program for people with chronic health problems. CDSMP workshops are facilitated by trained leaders, held in community settings and meet 2 1/2 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 meetings 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.