

TRAINING LEADERS FOR ARTHRITIS EVIDENCE-BASED PROGRAMS

California meets the need for arthritis programs through collaboration to provide training

Public Health Problem

- Arthritis is the leading cause of disability in the United States, causing chronic pain and lessened quality of life for many people.
- Preventive intervention on arthritis such as provision of evidence-based physical activity programs can help people with arthritis reduce pain and disability and improve quality of life.
- Expanded program delivery is enhanced by increased capacity to train new instructors in a timely manner.

Program

- The California Arthritis Partnership Program increased training capacity within each California Arthritis Foundation Chapter to increase the supply of leaders for the Arthritis Foundation Exercise Program, Arthritis Foundation Aquatics Program, and Arthritis Foundation Self-Help Programs, all evidence-based physical activity programs.
- The California Arthritis Partnership Program contracted with the Arthritis Foundation, Southern California Chapter to conduct a statewide Train-the-Trainer Certification Workshop and conduct post training follow-up with Chapters and trainers for these three Arthritis Foundation programs.
- Participants received certification in accordance with current Arthritis Foundation standards and practices and were expected to offer a minimum of two training workshops a year in their “home” Chapter or in a nearby Chapter.

Impact

- The training effort....
 - increased the number of available trainers statewide; 160 new instructors and leaders have been certified
 - increased the number of available evidence-based physical activity program leaders
 - increased the number of new programs offered to people with arthritis
- Future trainings will apply important lessons learned to improve the training program....
 - assure that Arthritis Foundation Chapter Program Directors attend a certification workshop to assure familiarity with the material and enable them to support the new trainees
 - approve for training only those trainees who have satisfied pre-requisites

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