

**MINUTES**  
**ARTHRITIS COUNCIL MEETING**  
**Wednesday, September 27, 2006**

Members Present:

Susie Beem, South Central District Health Department; Barbara Burri, Southwest District Health Department; Elvia Caldera, South Central District Health Department; Donna Denney, Idaho Commission on Aging; Arla Farmer, Division of Medicaid; Susan Gordon, Idaho Elk's Rehabilitation Hospital; Susan Gray, Idaho Power; Dr. Martha Hartgraves, Idaho State University; Jaime Hineman, Bureau of Community & Environmental Health; Kent McCarthy; Leslie Nelson, Arthritis Foundation; Sally Suter, Idaho Elk's Rehabilitation Hospital. *Scribe:* Michelle Buskey, Bureau of Community & Environmental Health.

The meeting began with a welcome and introductions. The minutes were approved from March 2006.

**Updates and News**

***2005 Arthritis BRFSS Results***

Jaime distributed the 2005 Arthritis BRFSS results. She will use the information in the Arthritis Report this fall. Jaime will summarize the data from 2002 to 2005 and will distribute the information to the Council members.

***Annual Progress Report Submitted to CDC by 9/29/06***

The Annual Progress Report for the State-Based Arthritis Prevention and Control Program grant will be submitted to CDC by September 29, 2006. The report summarizes the progress toward grant objectives and reports on the activities of the Health Districts for the funding period of June 30, 2005, through June 29, 2006. The Idaho Arthritis Program contacts with Southwest District Health Department (HD3), South Central District Health Department (HD5), and Southeastern District Health Department (HD6).

**UT/ID Arthritis Foundation News and Updates**

***Arthritis Walk & Juvenile Arthritis Family Day  
October 14, 2006, at Ann Morrison Park***

The Arthritis Foundation needs five to ten volunteers to assist with Arthritis Walk and Juvenile Arthritis Family Day activities on October 14, 2006. Flyers and posters are

available. Jaime will email flyers to the committee. A press release has been sent to the Idaho Statesman. Committee members were asked to give contact information for radio stations to the Arthritis Foundation.

### ***Other Updates***

The Arthritis Foundation is trying to schedule an Aquatic Trainer Workshop in February or March of next year. It will be held in Boise or Nampa.

### **Partners Health District Events**

#### *Southwest District Health Department*

Barbara attended the Arthritis Self-Help Course Leader training in Salt Lake City, Utah. The goal is to start at the end of March. The Caldwell YMCA and Karcher Estates Retirement Center both have FFP classes so Barb will determine their interest in the Self-Help Course. Barb gave one presentation to a women's group with the Salvation Army.

#### *South Central District Health Department*

Elvia Caldera will be the new coordinator for the Arthritis Program. Their coalition will be addressing Arthritis and the Fit and Fall Proof Program. She is working on an educational campaign with health care providers. The coalition members will give presentation to providers about the availability of Arthritis Foundation classes for people with arthritis. Now that summer is over, the Pace and Aquatic classes are starting again. Three people attended the Arthritis Self-Help Course Leader training in Salt Lake City, Utah. They plan to teach a class in the spring of 2007.

#### *Southeastern District Health Department – Tracy McCulloch*

Tracy attended the Arthritis Self-Help Course Leader training in Salt Lake City, Utah. Tracy has three presentations scheduled in October.

### **Sally Suter**

Sally is interested in making Arthritis more visible. She has spoken to a number of professors at BSU to get senior nursing students involved. She is researching awareness campaigns, costs of classes, and is exploring funding opportunities. She asked if a needs assessment was done. Jaime will follow-up with Patti Moran. She asked what it would cost to have someone trained. The costs are \$75 for new certification and \$35 for recertification of Aquatic & Pace trainers. Participant cost varies by facility. Susan stated that their Aquatics Program is \$35 dollars a month for 3 days a week. Leslie will check the information on the website. She asked if there is a marketing plan for the classes. Leslie stated they send out flyers for Self-Help classes, most of the other classes are ongoing, and there is no specific marketing plan. Sally asked about the direction/plan/goals for the committee. Jaime asked the members for input. Susan stated that when she joined the committee they came up with a directory

of provider services. They also targeted awareness by developing educational materials. They organized some community education days, and had self-help groups on Juvenile Arthritis.

It was suggested that the Hispanic population needs to have awareness about Arthritis. Jaime stated that we have bilingual brochures available, but we have not specifically targeted this population. It was suggested that the committee partner with the Diabetes Education going on in American Falls with ISU's Dr. Liz Cartwright. Barbara has done some work with a migrant outreach coordinator. Caldwell has a Farm Worker Appreciation Day and this could be a good opportunity to get some information out. Dr. Hartgraves said that a verbal presentation will reach this population better than written information. Jaime asked Barb to send her info on Farm Worker Appreciation Day.

***Other updates, discussion items***

Jaime will email the goals to the committee members to be evaluated. Sally asked how the districts run their programs. Jaime will look into contacts statewide. Health District 5 was the pilot, and then IDHW asked Health Districts 4 and 6 to do activities. Jaime has information on class attendance/participation. Leslie will send Jaime participation information by location.

**Next Meeting:**

The next meeting will be before the end of the year to plan for next year based on the previous goals. Jaime will send out dates.

Meeting adjourned at 12:48 pm.