

BURDEN FACTS

- More than 1 in 4 (28%) Montana adults have arthritis
- Half of all Montanans with arthritis report being limited in their usual activities because of joint pain
- In 2010, the total annual cost for all Montanans seeking care for arthritis was \$413 million in medical costs and \$53 million in absenteeism (missed work days)

CONTACT

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PROGRAM ACTIVITIES

The **Montana Arthritis Program**, in collaboration with the Arthritis Foundation, is working to improve the quality of life for people affected by arthritis by increasing awareness about appropriate arthritis exercise and self-management programs and expanding the reach of these evidence-based programs proven to improve the quality of life for people with arthritis.

- The **Arthritis Foundation Exercise Program (AFEP)**
 - Community-based recreational program where 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.
 - Benefits include improved functional ability, decreased depression, and increased confidence in one's ability to exercise.
 - Classes typically meet two or three times per week for 8-12 weeks.
- The **Walk With Ease (WWE) Program**
 - Community-based, group walking program developed to help individuals who may either be self or medically diagnosed with arthritis start and maintain a safe walking routine.
 - Participants meet three times a week at local sites under the direct supervision of a trained walking leader.
 - Each meeting begins with a pre-walk discussion covering a specified topic related to exercise and arthritis, followed by a 10-to-40 minute walk that includes a warm-up and cool-down.
- **Montana: Living Life Well** (Stanford's Chronic Disease Self-Management Program)
 - Effective self-management education program for people with chronic health problems where the workshops empower participants to take an active role in managing their health.
 - Workshops are facilitated by two trained instructors and meet once a week for six weeks; each session lasts 2 ½ hours.
 - During the sessions, participants learn skills needed in the day-to-day management of long-term health conditions such as arthritis, asthma, diabetes, heart and lung disease.

RESOURCES

- Please visit our website for more information:
- www.dphhs.mt.gov/arthritis