

West Virginia Arthritis Program

WVU Office of Health Services Research

Main Goal

Expand access to physical activity opportunities for adults with arthritis across the state.



273.9%

Increase in participation in Arthritis-Appropriate, Evidence Based Interventions (AAEBI's)



250%

Increase in AAEBI workshops offered across the state



46

Instructors and leaders trained to deliver program

Initiative focuses on rural and underserved communities. This approach helps more West Virginians connect with safe, evidence-based ways to stay active and manage joint pain who ordinarily wouldn't be able to access it.



System Changes

Through partnerships with senior centers, healthcare systems, community orgs, and wellness partners that serve priority populations, the initiative is being offered in accessible settings.



ActiveWV 2030 Physical Activity Plan Sector:

Public Health



Building Capacity

Stronger Communities

Rather than creating stand-alone programs, initiative focuses on embedding arthritis friendly physical activity into community settings.



Initiative has trained local leaders, expanded upon flexible options, and strengthened referral pathways in WV.

The Bottom Line

The first 3 years of the West Virginia Arthritis Program have been an overwhelming success. Not only has the participation in AAEBI's, the number of AAEBI workshops, and the instructors trained increased dramatically, but the participation among programs the initiative has partnered with has spiked too. The initiative has also increased provider awareness, reaching 8,122 healthcare providers through a CME course. For more information, please contact Cecil Pollard at cpollard@hsc.wvu.edu.

