



News Release

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Exercise and Education Key to Managing Arthritis *UDOH Offers Mini-grants to Conduct Arthritis Programs*

(Salt Lake City, UT) – Arthritis affects one in four Utahns and is the leading cause of disability in the country. But the disease can be manageable with the right nutrition, pain management and exercise programs. The Utah Department of Health (UDOH) is offering mini-grants of up to \$6,000 to community groups willing to partner with the department to implement Arthritis Foundation Life Improvement programs for people with arthritis.

“We already have established exercise and self-help programs that have proven their value in helping Utahns cope with the effects of arthritis,” said Natalie Smith of the UDOH Arthritis Program. “We’re looking for agencies like senior citizen centers, churches and community centers to take these funds and conduct the classes in their neighborhoods,” she said.

Applicants can choose to offer the general self-help program, which teaches the latest pain management techniques, strategies for managing stress and fatigue and even how nutrition can alleviate symptoms, or the exercise program, which focuses on range-of-motion, strengthening and endurance routines designed especially for arthritis patients.

The deadline for grant applications is Friday, December 15. Grantees will be given training by the Arthritis Foundation by March 31, 2007. Applicants may apply online at www.health.utah.gov/arthritis. For more information, call Natalie Smith at 801-538-9340.

Arthritis Foundation Programs are already offered throughout Utah. Arthritis patients may visit <http://www.arthritis.org/Communities/Chapters/SignMeupProg.asp?idchap=62> to find one in their area.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.