

1.
HOME



S T A N D U P 2 O A C A M P A I G N

TOPICS

- OVERVIEW

Osteoarthritis Prevalence
Facts, Figures and Burden

- PREVENTION

National Public Health Agenda for OA
OA Prevention Wheel

- TAKE ACTION

Action Steps for adults with OA
Spread the Message
Digital Resources



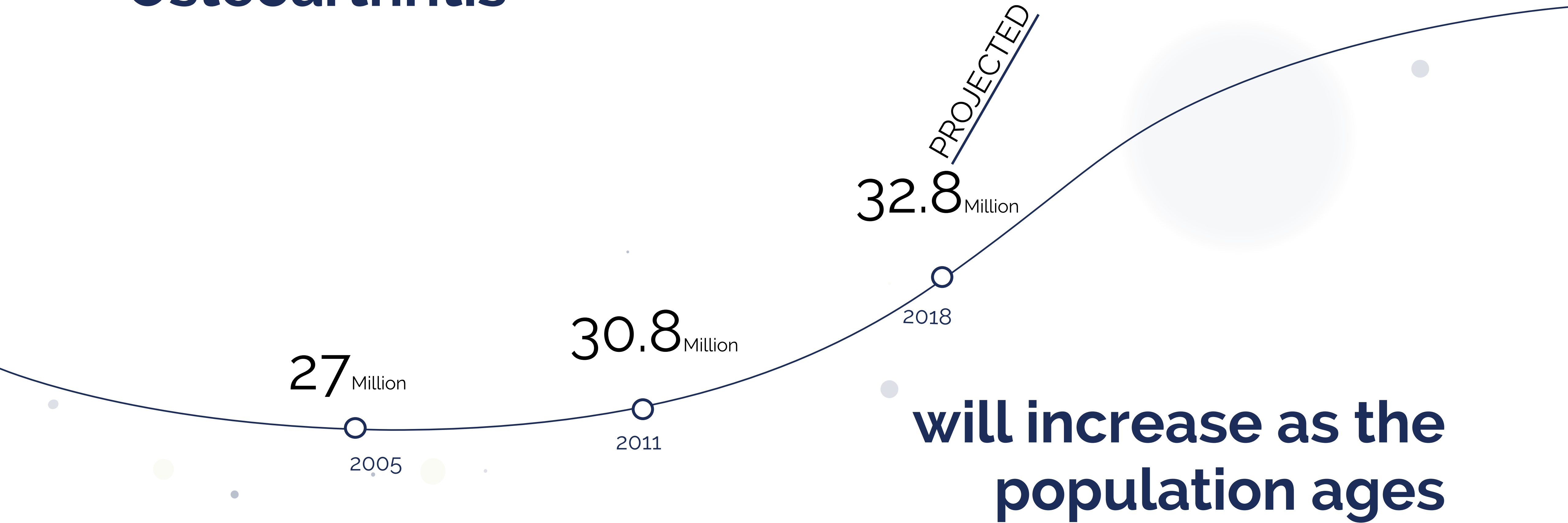
STANDUP2OA

is the first and only national awareness campaign focused on the prevention and management of osteoarthritis.

Today, 30.8 million people – 1 in almost every 10 American adults – have osteoarthritis (OA) a serious disease that mainly affects the hands, knees and hips in adults. OA rates are expected to increase in the years ahead as Baby Boomers age and the effects of the obesity epidemic continue to manifest. Osteoarthritis is common, expensive and a leading cause of disability...but it can be prevented.



Arthritis and Osteoarthritis



Facts, Figures and Burden

WHAT IS OA?

There are over 100 different types of arthritis, osteoarthritis being the most common. OA affects mainly the hand, hip, knee joints.

OA CAUSES ABNORMAL CHANGES TO A JOINT, SUCH AS A BREAKDOWN OF TISSUES LIKE CARTILAGE, BONE RESHAPING, JOINT INFLAMMATION, AND LOSS OF FUNCTION.

PHYSICAL ACTIVITY

OA limits physical activity and complicates management of other diseases.

OA pain, or fear of pain, causes many people to be sedentary.

Almost half of adults with osteoarthritis, 16.7 million, are working age (18-64 years).

DISABILITY

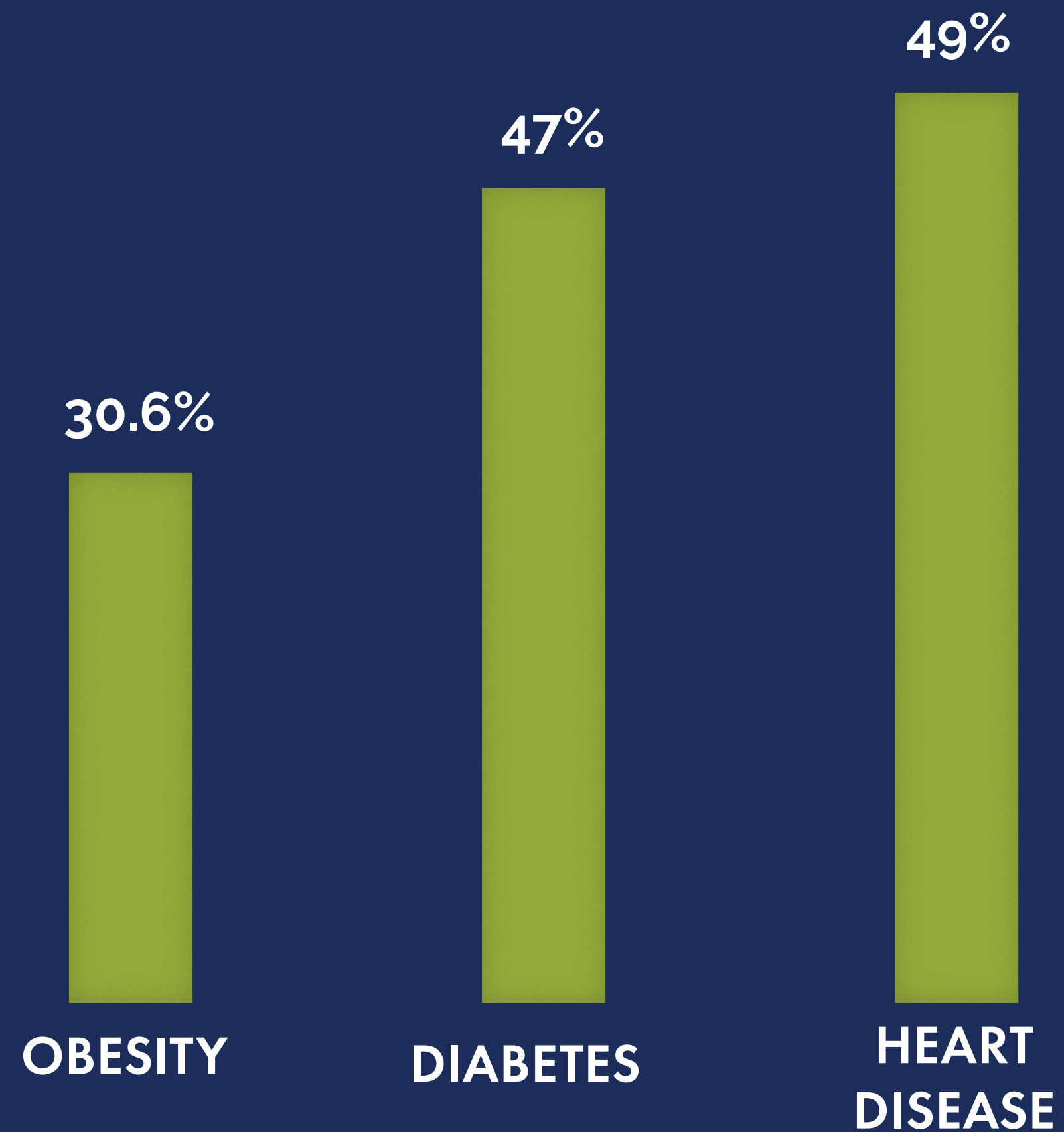
One in four people with knee OA have pain while walking and have difficulty doing major activities of daily living such as climbing stairs, kneeling, or stooping.

Women have a disproportionate burden of OA with nearly 80% of adults with OA being women.

DISPROPORTIONATE BURDEN

Older adults (ages 65 and older) make up only 20% of the country's population, yet they make up almost half (40%) of those with OA.

DID YOU KNOW?



ABOUT
HALF OF ALL
ADULTS WITH HEART
DISEASE OR DIABETES
ALSO HAVE **ARTHRITIS.**

NEARLY ONE-THIRD OF ADULTS
WITH OBESITY HAVE
ARTHRITIS.

7.
ECONOMIC BURDEN

OA costs the U.S.
\$136.8
billion
in direct costs



\$71
BILLION

LOST WORK
EARNINGS

\$65
BILLION

DIRECT MEDICAL
COSTS

\$2,081

AVERAGE DIRECT
MEDICAL COSTS

per person per year

\$31,000

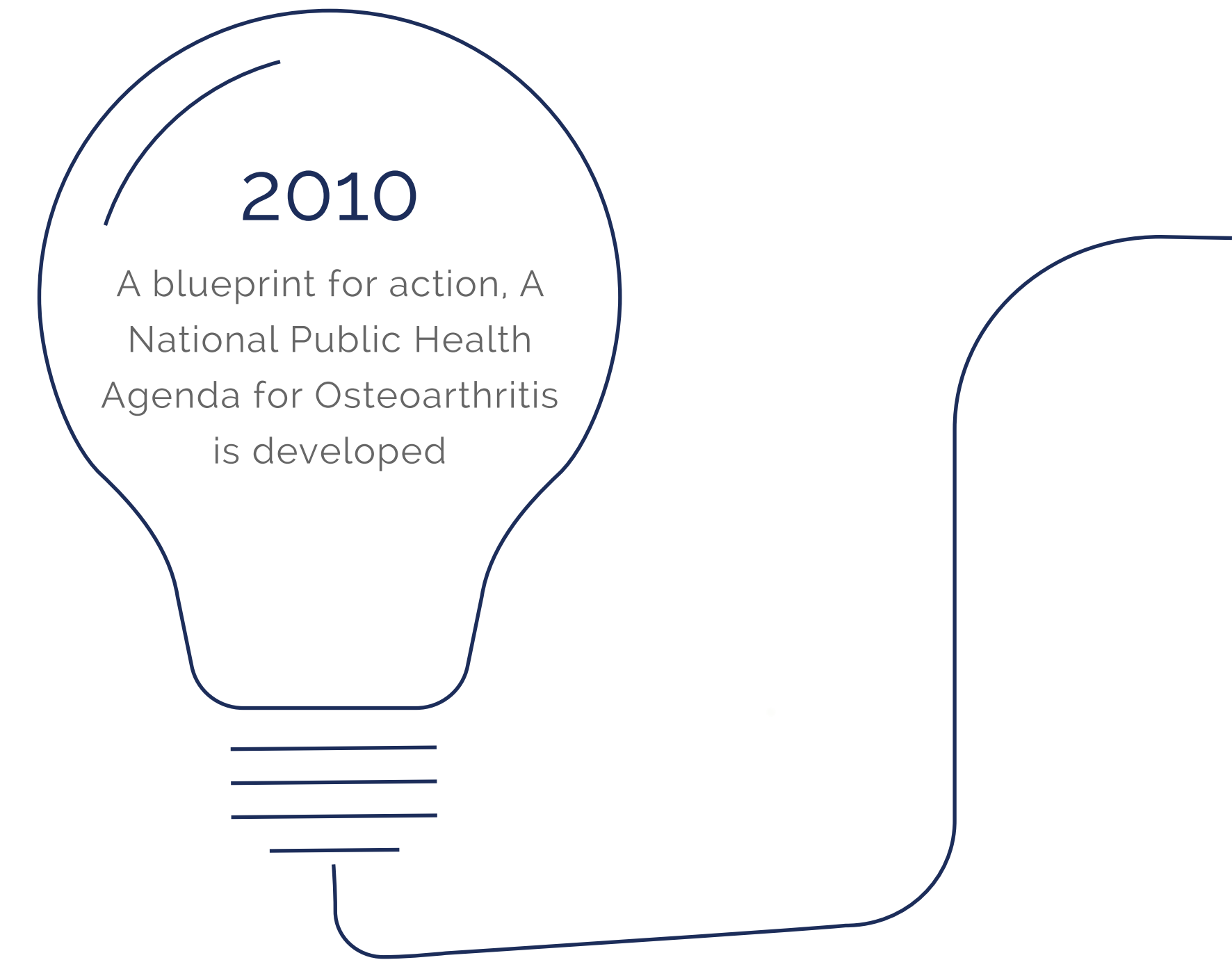
KNEE
REPLACEMENT
COST

On average

8. PREVENTION

"These prevention strategies hold great promise for improving the lives of individuals with OA and ultimately reducing the tremendous burden of this condition."

LEIGH CALLAHAN
PhD
OAAA, Director



Self-management education and physical activity, focus primarily on reducing the symptoms and progression of OA for those who have the disease, while injury prevention and weight management may prevent OA from occurring. Combined, these strategies have the potential to improve quality of life for those with OA and reduce the national burden

9.
PREVENTION



WEIGHT MANAGEMENT

People who maintain a healthy weight are less likely to develop knee OA and therefore less likely to need major surgical procedures to treat OA symptoms.



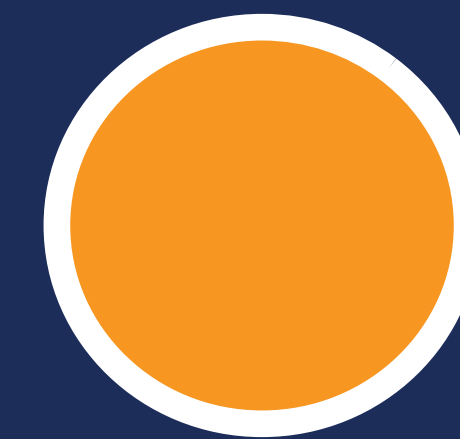
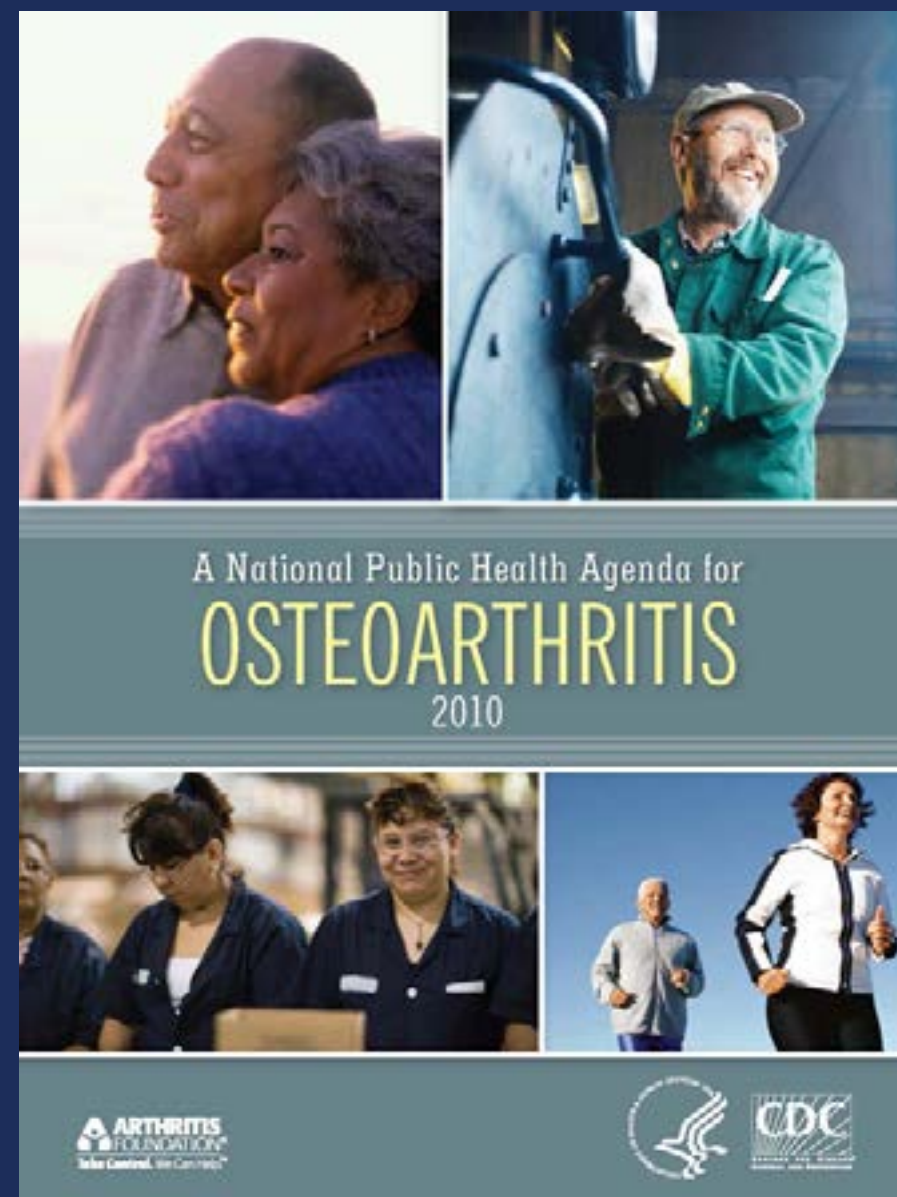
SELF MANAGEMENT

These programs are usually held in the community and help adults with a chronic condition learn how to manage their condition, prevent its short- and long-term health consequences, and achieve the best possible quality of life.



PHYSICAL ACTIVITY

It is recommended for adults with OA to get 2.5 hours of moderate aerobic (walking, running, etc) and 2 days of muscle strengthening exercise per week to improve pain and function.



INJURY PREVENTION

Injury to the knee joint, such as an anterior cruciate ligament (ACL) rupture, whether treated surgically or non-operatively, can lead to OA of the knee later in life. Almost half of individuals with an ACL injury will develop knee OA within 10 years.

10.
PREVENTION WHEEL

11% of adults with arthritis have participated in self management programs

Physical activity can reduce pain and improve physical function by approximately 40%.

Self-management education workshops can help reduce pain, fatigue, and depression by 10% to 20%.

Adults with Arthritis are more likely to attend a self-management education program when it is recommended by a healthcare provider.



TAKE ACTION

11.
ACTION



PHYSICAL ACTIVITY

WEIGHT MANAGEMENT

INJURY PREVENTION

SELF-MANAGEMENT EDUCATION

ADULTS WITH OA/ CAREGIVERS

Moderate exercise 2-3x a week for
a total of 2.5 hours

Maintain a healthy weight

Talk to your athletic coaches about
incorporating neuromuscular
training 3x a week

Participate in program near you
using the Arthritis Foundation
program finder

POLICY MAKERS

The socioeconomic impact of
arthritis in the U.S. is significant.
Learn how OA affects people in
your state

Learn about the cost of OA and
comorbidities.

Use our injury prevention guidance
resources to establish training
practices that can help minimize
knee injury on the field and
promote long-term joint health

Learn how you can make an
impact by reading the National
Osteoarthritis Agenda

HEALTHCARE PROVIDERS

Recommend physical activity to
your patients

Share our weight management
brochures

Recommend further care for
athletes with a physical therapist or
athletic trainer

Recommend the Arthritis
Foundation Resource Finder in
order to locate evidence-based
programs in their neighborhood

COMMUNITIES

Learn how your organization
can increase access to physical
activity for adults with arthritis
with our online Physical Activity
Implementation Guide

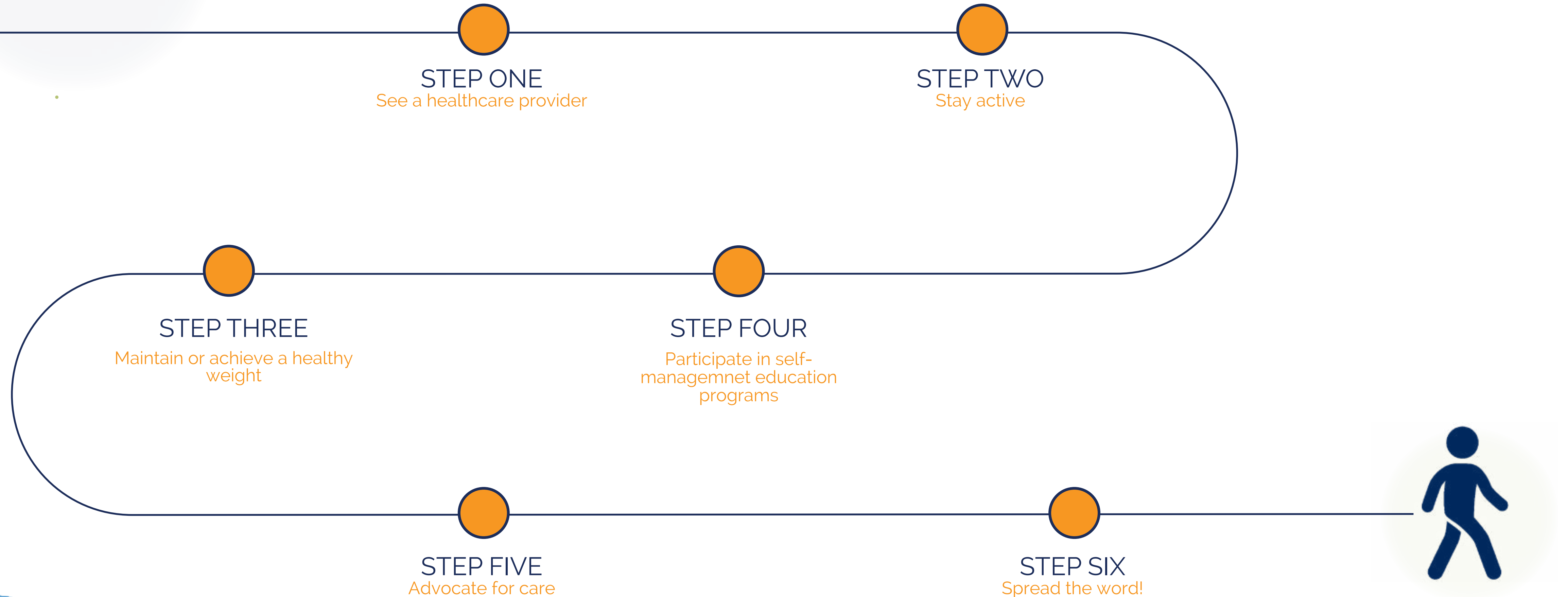
Our online Community Partners
resource library offers tools and
guidance

Use our injury prevention
guidance resources to establish
coaching and training practices for
community sports leagues

If you offer (or want to offer!)
evidence-based programs for
people with arthritis, our online
resource library offers tools and
guidance

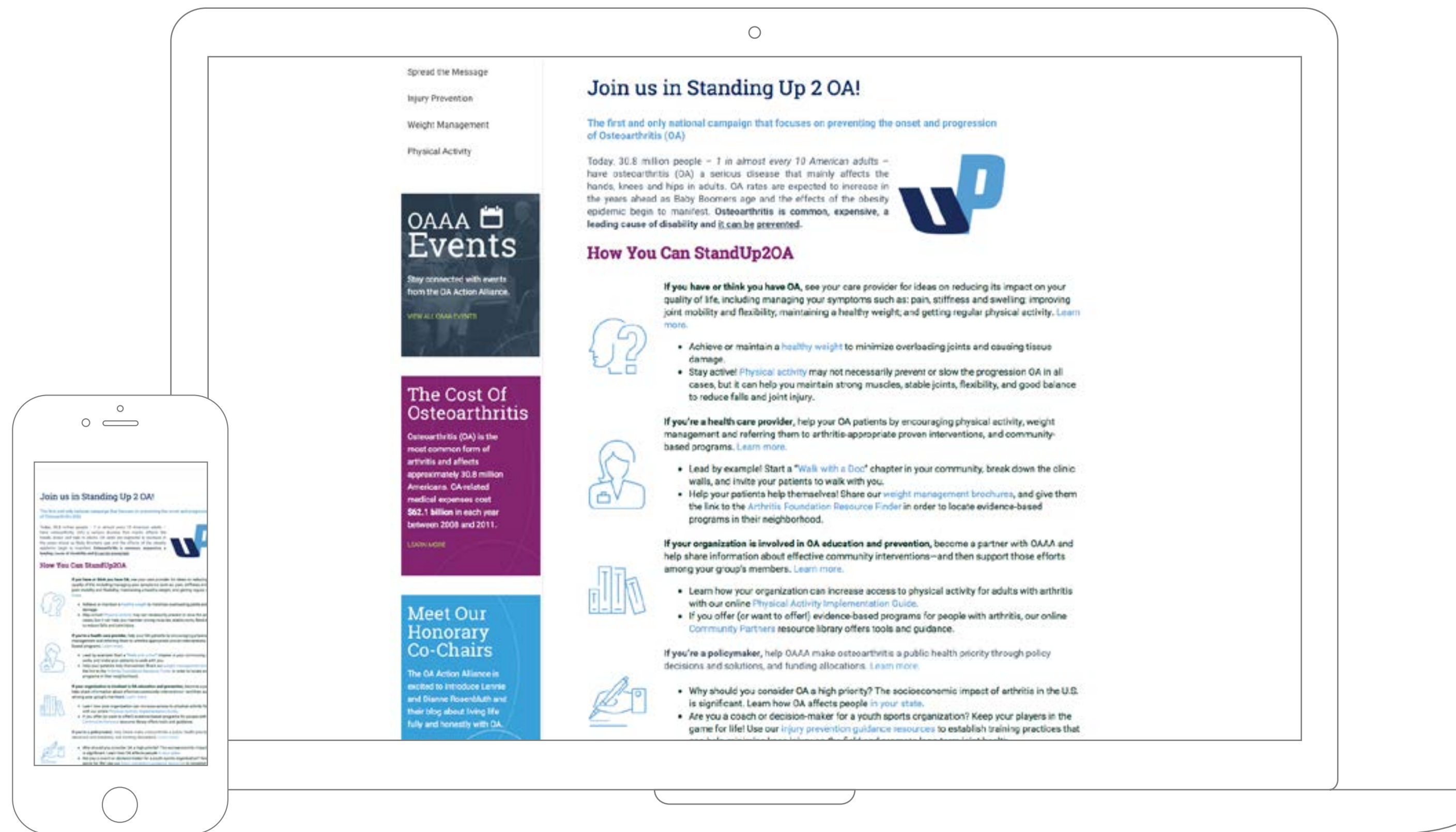
ACTION STEPS

FOR ADULTS WITH OSTEOARTHRITIS



*The order of the steps don't matter, just as long as you are taking steps to Standup2OA!

SPREAD THE MESSAGE



Use **#StandUp2OA** to promote evidence-based public health interventions that can help prevent and manage #osteoarthritis.

How do you **StandUp2OA**? Share your story using **#StandUp2OA**.

Follow us and subscribe to stay up-to-date on the latest news and connect with other advocates for Osteoarthritis.



#StandUp2OA

14.
TEMPLATES

CLICK ON THE GRAPHIC OR
TEXT TO DOWNLOAD THE FILE.



GRAPHICS

NEWSLETTER



MEDIA ADVISORY



EMAIL ALERT



BLOG

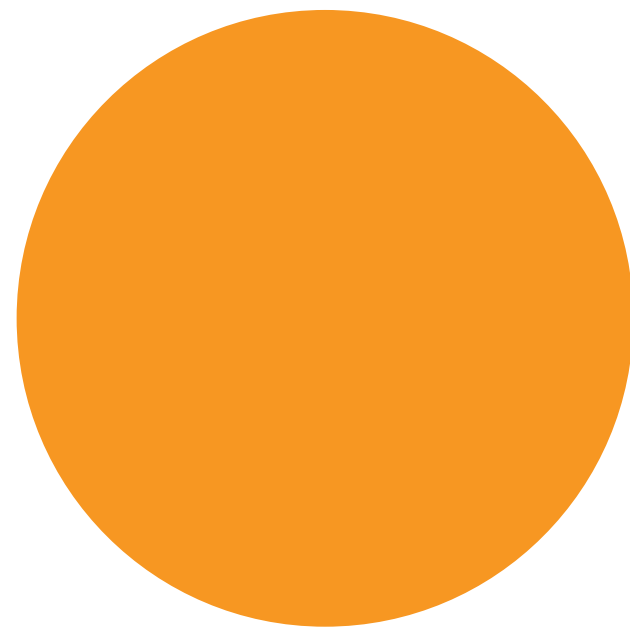
PRESS RELEASE



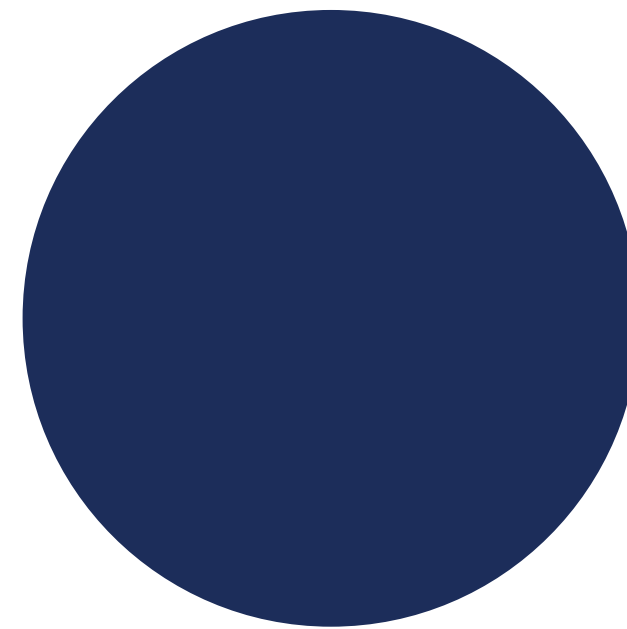
SOCIAL MEDIA MESSAGING



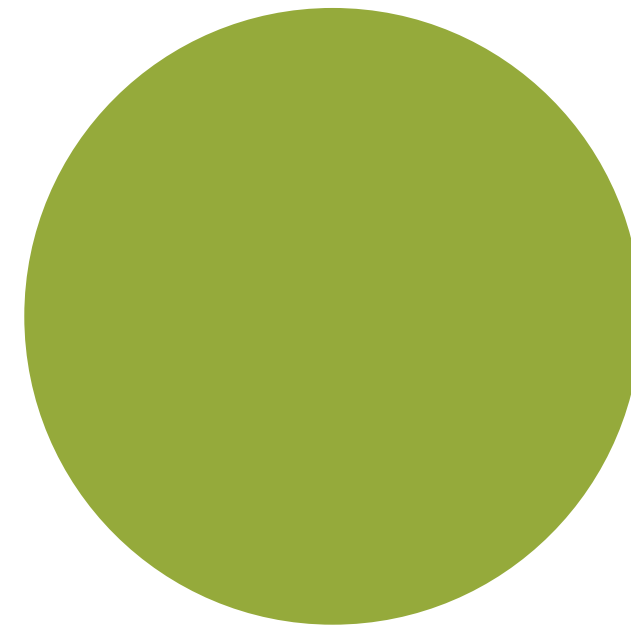
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