TOPICS

• **OVERVIEW**
  Osteroarthritis 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

will increase as the population ages
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.

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.

PHYSICAL ACTIVITY
OA limits physical activity and complicates management of other diseases.

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

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.

<table>
<thead>
<tr>
<th>Economic Burden</th>
<th>Value</th>
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<tbody>
<tr>
<td>Lost Work Earnings</td>
<td>$71 billion</td>
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<tr>
<td>Direct Medical Costs</td>
<td>$65 billion</td>
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<tr>
<td>Average Direct Medical Costs</td>
<td>$2,081 per person per year</td>
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<tr>
<td>Knee Replacement Cost</td>
<td>$31,000</td>
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OA costs the U.S. $136.8 billion in direct costs

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

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.
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.
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.

<table>
<thead>
<tr>
<th>ADULTS WITH OA/ CAREGIVERS</th>
<th>PHYSICAL ACTIVITY</th>
<th>WEIGHT MANAGEMENT</th>
<th>INJURY PREVENTION</th>
<th>SELF-MANAGEMENT EDUCATION</th>
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<tbody>
<tr>
<td>Moderate exercise 2-3x a week for a total of 2.5 hours</td>
<td>Maintain a healthy weight</td>
<td>Talk to your athletic coaches about incorporating neuromuscular training 3x a week</td>
<td>Use our injury prevention guidance resources to establish coaching and training practices for community sports leagues</td>
<td>Participate in program near you using the Arthritis Foundation program finder</td>
</tr>
<tr>
<td>The socioeconomic impact of arthritis in the U.S. is significant. Learn how OA affects people in your state</td>
<td>Learn about the cost of OA and comorbidities.</td>
<td>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</td>
<td>Recommend the Arthritis Foundation Resource Finder in order to locate evidence-based programs in their neighborhood</td>
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<tr>
<td>Recommend physical activity to your patients</td>
<td>Share our weight management brochures</td>
<td>Recommend further care for athletes with a physical therapist or athletic trainer</td>
<td>Learn how you can make an impact by reading the National Osteoarthritis Agenda</td>
<td></td>
</tr>
<tr>
<td>Learn how your organization can increase access to physical activity for adults with arthritis with our online Physical Activity Implementation Guide</td>
<td>Our online Community Partners resource library offers tools and guidance</td>
<td>Use our injury prevention guidance resources to establish coaching and training practices for community sports leagues</td>
<td>If you offer (or want to offer!) evidence-based programs for people with arthritis, our online resource library offers tools and guidance</td>
<td></td>
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</table>

**TAKE ACTION**

**StandUp2OA!**
ACTION STEPS FOR ADULTS WITH OSTEOARTHRITIS

STEP ONE
See a healthcare provider

STEP TWO
Stay active

STEP THREE
Maintain or achieve a healthy weight

STEP FOUR
Participate in self-management education programs

STEP FIVE
Advocate for care

STEP SIX
Spread the word!

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

SPREAD THE MESSAGE
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