

The Osteoarthritis Action Alliance (OAAA) is a coalition committed to Standing UP to Osteoarthritis (OA) through education, resources and policy solutions that address the human toll and help elevate OA as a national health priority.

## Get UP. Get Connected. Get Going.

Keep up to date with the latest advances in OA patient advocacy and clinical research by connecting with OAAA on our website and social channels.



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**OSTEOARTHRITIS**  
ACTION ALLIANCE

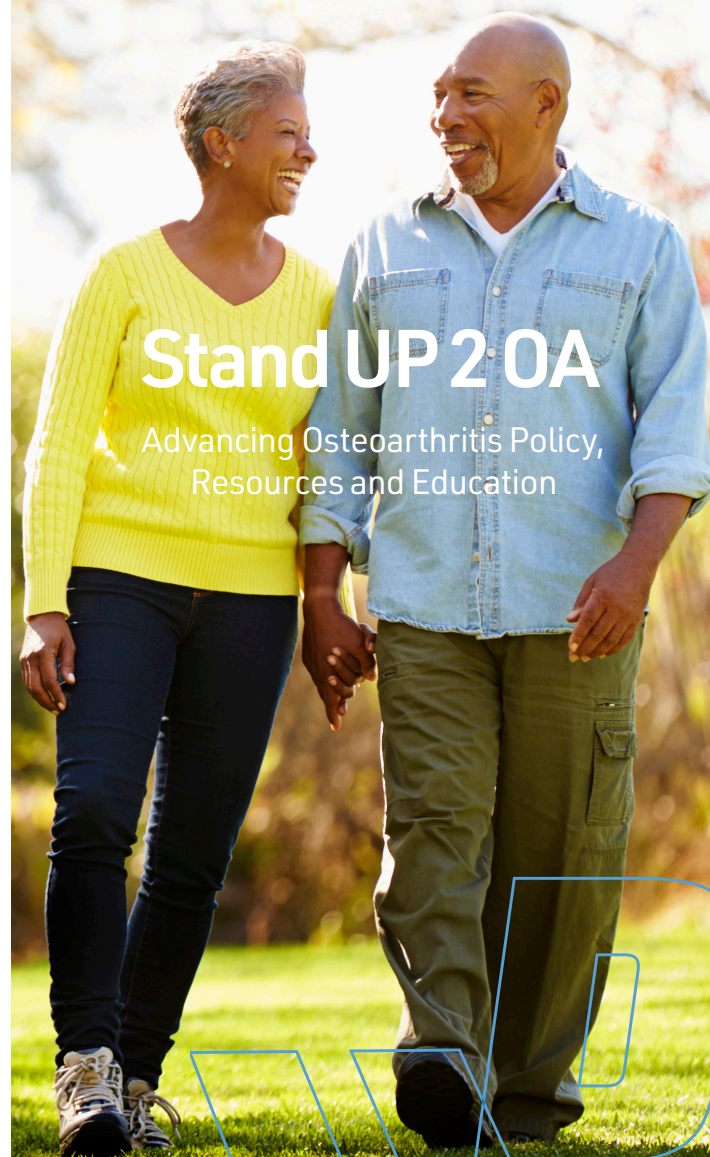
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## Stand UP 2 OA

Advancing Osteoarthritis Policy,  
Resources and Education



## The Short Story on OA

Osteoarthritis (OA) is a disorder that can affect many joints such as knees, hips, and hands. OA shows itself through abnormal changes to a joint, such as a

breakdown of tissues like cartilage, bone reshaping, joint inflammation, and loss of function. This can result in pain, stiffness, and loss of movement.

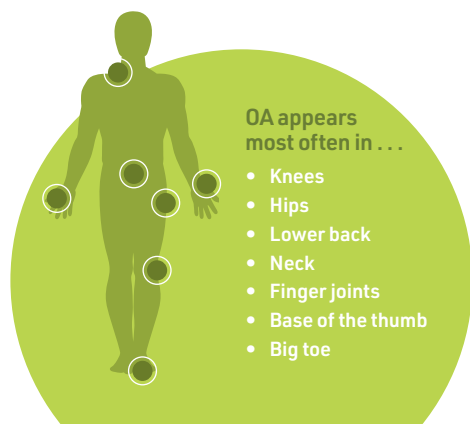
People are at risk for developing OA due to genetic factors, other joint disorders (like rheumatoid arthritis), injuries from accidents or surgery, being overweight, or doing heavy physical activity in some sports or on the job.

## OA On the Rise

The most common form of arthritis, OA affects 30.8 million adults in the United States—more than half of all adults with arthritis. That number is expected to rise dramatically in the coming decades.

## Who—and When—OA Strikes

Although OA strikes people of all ages, it's most common in adults over 50 years old. Common risk factors include increasing age, obesity, previous joint injury, overuse of the joint, weak thigh muscles, genes and gender.



## How You Can Stand UP to OA



**If you have or think you have OA**, see your care provider for ideas on reducing its impact on your quality of life, including managing your symptoms such as: pain, stiffness and swelling; improving joint mobility and flexibility; maintaining a healthy weight; and getting regular exercise.



**If you're a health care provider**, help your OA patients by encouraging physical activity, weight management and referring them to arthritis-appropriate proven interventions, and community-based programs.



**If your organization is involved in OA education and prevention**, become a partner with OAAA and help share information about effective community interventions—and then support those efforts among your group's members.



**If you're a policymaker**, help OAAA make osteoarthritis a public health priority through policy decisions and solutions, and funding allocations.

## Many Resources, One Goal

So you're ready to help yourself and others Stand UP to OA, but you aren't sure where to begin. That's okay. OAAA has the tools to help you start off on the right (and raised) foot:

- **Physical Activity Implementation Guide**

An online guide to promote physical activity for adults with arthritis.

- **Newsletters**

A variety of newsletters to spotlight events, news, research and OAAA member updates.

- **Mini-Grant Program**

Funding for community efforts to expand delivery of the Arthritis Foundation's Walk With Ease program (WWE) and other arthritis-appropriate evidence-based interventions.

- **Lunch & Learn Webinars**

A monthly series with experts on the latest findings about OA, recorded and posted on the Osteoarthritis (OA) Action Alliance YouTube® channel.

- **Online Resource Library**

Statistics on OA, program implementation resources, community interventions, and solutions for managing OA.

