A CAUCUS ADDRESSING MUSCULOSKELETAL HEALTH DISPARITIES

November 14-15, 2019 • Gaylord National Resort & Convention Center • National Harbor, MD

ISSUE OVERVIEW

Being only 10 pounds overweight increases the force on the knee by 30-60 pounds with each step.” – Johns Hopkins Arthritis Center

The onset of joint pain may represent the early stages of osteoarthritis (the most common form of arthritis). Overweight and obesity increases the risk and progression of osteoarthritis because the extra load directly affects weight-bearing joints (e.g. the knees and hips). Studies have shown that knee osteoarthritis is 4 to 5 times more common in overweight people compared with people who are of normal body weight (1), and overweight individuals in their thirties who did not have knee OA were at greater risk of later developing the disease (2).

Women, African Americans and Latinos/Hispanics face more severe osteoarthritis, functional limitation and disability but have less than optimal access to diagnostic, medical and surgical intervention, irrespective of their insurance coverage. These same individuals have the highest levels of obesity in the nation(3), coupled with the highest level of physical inactivity(4).

OUR VISION

Movement is Life is a multi-disciplinary coalition seeking to eliminate racial, ethnic and gender disparities in muscle and joint health by promoting physical mobility to improve quality of life among women, African Americans and Hispanics.

BREAKING THE VIOLENT CYCLE

Joint Pain

- Increased Pressure on Knee Joints
- Limited Mobility
- Heart Disease
- Obesity
- Type 2 Diabetes
- Lack of Physical Activity

Movement

Reducing Disparities

Patients

Provider

Community

Policy

CAUCUS CHAIR

Mary I. O’Connor, MD
Chair, Movement is Life Caucus
Director, Center for Musculoskeletal Care
at Yale School of Medicine and Yale New Haven Health
Professor of Orthopaedics and Rehabilitation
Yale School of Medicine

PARTICIPATING ORGANIZATIONS

- American Academy of Orthopaedic Surgeons
- American Academy of Physician Assistants
- American Association of Latino Orthopaedic Surgeons
- American Association of Nurse Practitioners
- American Association of Orthopaedic Surgeons
- American Association of Physical Therapy
- American Psychological Association
- American Physical Therapy Association
- American Physical Therapy Association
- Association of Minority Health Professionals
- Association of Women’s Health, Obstetric and Neonatal Nurses
- Conference of National Black Churches
- J. Robert Glidden Orthopaedic Society
- National Association of Orthopaedic Surgeons
- National Black Nurses Association
- National Hispanic Medical Association
- National Medical Association
- Nth Dimensions Education Solutions
- Ruth Jackson Orthopaedic Society
- To Our Children’s Future with Health
- United States Bone and Joint Initiative
- W. Montague Cobb/NMA Health Institute

IMPACT OF INDIVIDUAL CHOICE ON HEALTH STATUS

Osteoarthritis and obesity are progressive chronic conditions that may worsen or improve over time depending on when and how an individual decides to act.

How can we “crack the code” among communities disproportionately affected by obesity and osteoarthritis and catalyze a downward trajectory in the burden and impact of both health conditions?