A CAUCUS ADDRESSING MUSCULOSKELETAL HEALTH DISPARITIES

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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 who are African American, Hispanic/Latina or live in rural communities.

BREAKING THE VICIOUS CYCLE

JOINT PAIN

Increased Pressure on Knee Joints

Limited Mobility

Heart Disease

Obesity

Lack of Physical Activity

Type 2 Diabetes

Depression

STRAategic OBJECTIVES

To Reduce Musculoskeletal Health Disparities at the Patient, Healthcare Provider, Community and Policy Levels.

CAUCUS CHAIR

Mary I. O’Connor, MD
Chair, Board of Directors, Movement Is Life
Co-founder and Chief Medical Officer, Vori Health
Professor Emerita of Orthopedics, Mayo Clinic
Past Professor of Orthopaedics and Rehabilitation, Yale School of Medicine
Past Director, Center for Musculoskeletal Care, Yale School of Medicine and Yale New Haven Health

PARTICIPATING ORGANIZATIONS

- American Academy of Physician Assistants
- American Association of Hip and Knee Surgeons
- American Association of Latino Orthopaedic Surgeons
- American Association of Nurse Practitioners
- American Osteopathic Academy of Orthopedics
- American Osteopathic Association
- American Physical Therapy Association
- Conference of National Black Churches
- Association of periOperative Registered Nurses
- J. Robert Gladden Orthopaedic Society
- National Association of Orthopaedic Nurses
- National Black Nurses Association
- National Hispanic Medical Association
- National Medical Association
- Nth Dimensions Education Solutions
- Osteoarthritis Action Alliance
- Philadelphia FIGHT
- Ruth Jackson Orthopaedic Society
- To Our Children’s Future with Health
- The Root Cause Coalition
- 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?

Sources: