

# Osteoarthritis: Assets and Barriers

HEA 356: Health Promotion Programming Photovoice Research Project – Fall Semester 2016

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## What's the problem?

- Osteoarthritis has remained a prevailing health concern in our society for many years
- OA is the most common type of arthritis.
- Between **20 million** and **27 million** people in the United States suffer from osteoarthritis.

## What causes OA?

- Being overweight/obese
- Getting older
- Joint injury
- Joints that are not properly formed
- A genetic defect in joint cartilage
- Stresses on the joints from certain jobs and playing sports.

## Who does this affect?

- Osteoarthritis occurs most often in older people. Younger people sometimes get osteoarthritis primarily from joint injuries.

## Why is this a public health concern?

If not treated, OA could lead to permanent discomfort and pain, and potentially develop into depression, lowered quality of life, or a need for long-term home health care.

## Research Methodology:

By providing photo footage of every day health care issues, Photovoice persuades community members to change habits and behaviors in an effort to lower the chance of certain health concerns.



Fast food restaurants provide unhealthy fats, placing customers at risk for obesity, a key risk factor to OA.

Weight loss of as little as 11 pounds reduces the risk of developing OA.

Physical activity and fitness play a key role in preventing the onset of Osteoarthritis. Among older adults with knee osteoarthritis, engaging in moderate physical activity at least 3 times per week can reduce the risk of arthritis-related disability by 47%.



A recent retrospective study involving 205 men who ruptured an ACL while playing competitive soccer determined that there was radiographic evidence of osteoarthritis 14 years after injury

## Conclusions & Recommendations:

OA is most commonly seen in middle aged men and women suffering from pain and stiffness in the hip, knee, and thumb areas.

Arthritis and other rheumatic conditions are a leading cause of disability among US adults, and have been a leading cause of disability among US adults for the past 15 years.

By hosting local community events to promote the study/ prevention of osteoarthritis, we could lower the risk of developing OA in our community as a whole. Examples of events range from marathons, dinners, and biking events, to conferences, parties, and volunteer opportunities.

## Resources Available:

The Arthritis Foundation holds community events to help raise money for the awareness and research of arthritis. Although no arthritis foundations are located in Murray, this organization holds fundraisers such as the Jingle Bell Run across the state of KY welcoming all the state residents.

## References:

Breaking the Arthritis Pain Chain Toolkit. (2016, January 01). Retrieved October 04, 2016, from <http://www.arthritis.org/>

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