



**CONSORTIUM FOR CITIZENS
WITH DISABILITIES**

**EFFECTIVE INTERVENTIONS TO PREVENT OSTEOARTHRITIS MAY ASSIST IN
PREVENTION OF DISABILITY**

A congressional briefing was held by the Center for Disease Control and Prevention (CDC) on the “National Agenda for Osteoarthritis”. Presenters at the briefing were representatives from (CDC) and vulnerable groups who suffer from population based health disparities.

Summary

Arthritis is the most common cause of disability and osteoarthritis is the most common form of arthritis. There are 27 million Americans with Osteoarthritis, 632,000 joint replacements, and 11.1 million outpatient hospital visits each year, with a cost of \$13.2 billion spent on medical and job related costs each year. The prevalence, adverse health impact and economic consequences of osteoarthritis are expected to increase dramatically.

Recommendations to ameliorate osteoarthritis are self management education, low impact moderate intensity aerobic physical activity, muscle strengthening exercise and promotion of weight management. It was also recommended that there be aggressive research and evaluation of intervention strategies to ameliorate osteoarthritis among the workforce. Work place environments should be improved by auditing policies and interventions that prevent the onset of osteoarthritis.

Disability Prevention Issues

Osteoarthritis is a life altering joint disease that can limit activities of daily living and impair functions associated with disability. The condition affects mainly hands, knees and hips and interferes with work productivity, Remedies that may prevent and ameliorate disability are expansion of evidence based clinical and community prevention interventions and well designed communication strategies to provide knowledge to stakeholders

Activity

There is on going study of the prevention policies to ameliorate osteoarthritis so it does not result in disability.

Principle

Effective evidenced based prevention programs for osteoarthritis should be implemented. evaluated and enforced to ameliorate the effects on disability