





**Movement is Life Sample AA Posters**


Poster 1

**Being only 10 pounds overweight increases the force on the knee by 30-60 pounds with each step!**





Poster 3





## Gender Disparities

**Women are living longer but not better largely due to arthritis and obesity**



- 61% of arthritis sufferers are women
- Women represent 60% of approximately one million hospitalizations that occurred in 2003 for which arthritis was the primary diagnosis
- Among adults with arthritis, 33% of women—as opposed to 23% of men—report frequent anxiety or depression
- Women represent 64% of an estimated 43 million annual visits to physicians' offices and outpatient clinics, where arthritis was the primary diagnosis
- Odds of a family practice physician recommending total knee replacement to a male patient with moderate arthritis are twice that of a female patient
- Odds of an orthopedic surgeon recommending total knee replacement to a male patient with moderate arthritis are 22 times that of a female patient

Poster 2



### Did you know?




### What can I do?


- Movement and physical activity
- Go line dancing or stepping
- Do physical activity with your family
- Walk at least 30 minutes daily
- Go bowling or take aerobics

**Movement and physical activity can:**

- relieve stress
- improve sleep
- strengthen bones and muscles
- make you feel full of energy





Poster 4





## Arthritis


**Arthritis is the single greatest cause of chronic pain and disability among Americans**



- Obesity accelerates the onset of arthritis; 70% of obese adults with mild osteoarthritis at 60 will develop end-stage disease by age 80. In contrast, just 43% of non-obese adults will have end stage disease over the same time period
- Arthritis cost the nation more than \$128 billion a year in medical care and lost earnings in 2003
- Arthritis affects 46 million Americans, and that number will rise to 67 million by the year 2030
- Obesity and other chronic health conditions exacerbate the debilitating impact of arthritis, leading to inactivity, loss of independence and perpetuating a cycle of chronic conditions
- There is no cure for osteoarthritis



Poster 5




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Catalyst for Change

# Racial Disparities

- African Americans and Latinos are 2 times more likely to have severe joint pain compared to whites
- Latinos are 50% more likely to have difficulty walking than whites
- Latinos are 50% more likely to die from diabetes than whites
- African Americans are 60% more likely to have diabetes than whites
- Heart disease is the #1 killer of African Americans and Latinos
- African Americans and Latinos are 1.3 times more likely to have activity limitation, 1.6 times more likely to have work limitations and 1.9 times more likely to have severe joint pain than whites
- 1 in 3 women are obese and half of African American women are obese
- 73% of Mexican Americans are overweight or obese, as compared to only 61.6% of the general female population
- According to the Centers for Disease Control, in 2000, African American Medicare enrollees were 37% less likely than white Medicare enrollees to undergo total knee replacements. In 2006, the disparity increased to 39%.



Poster 6



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# Breaking The Vicious Cycle

