

Our Nation is in Crisis: Disparities, Joint Pain, Lack of Movement

Breaking the Vicious Cycle

The United States (U.S.) is becoming a nation of the disabled. Staggering obesity, debilitating arthritis, lack of physical activity, and persistent racial and ethnic health disparities are crippling America. Arthritis (joint pain) affects 1 in 5 Americans, and is the single greatest cause of chronic pain and disability in the United States.

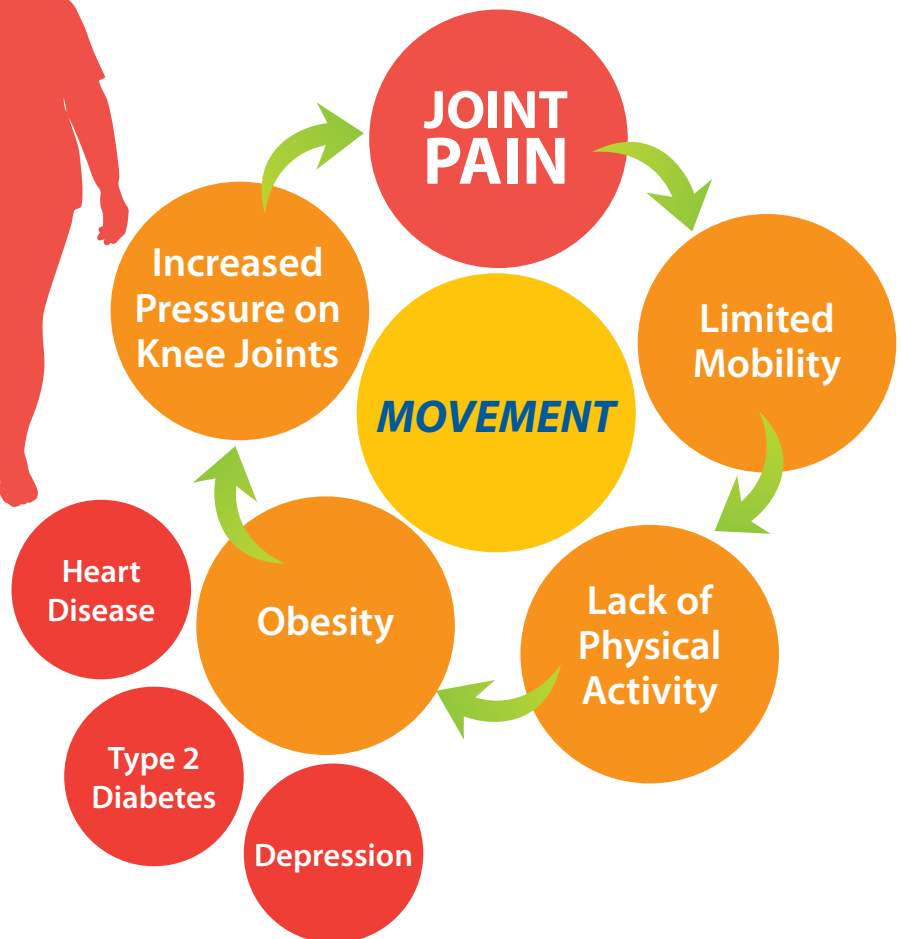
Nearly 74% of Hispanic men are either overweight or obese, speeding the onset/progression of arthritis.¹

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

“Hispanics are the largest racial/ethnic minority population in the United States.”² The proportion of the U.S. Hispanic/Latino population is projected to **increase from 17.7%** (56,754,000) in 2015 **to 22.8%** (84,543,000) by 2035.³

According to a recent report from the Centers for Disease Control and Prevention (CDC), **Hispanics had a higher prevalence of obesity and uncontrolled diabetes** and had **higher death rates** from diabetes, hypertension, and hypertensive renal disease.⁴

In 2011, **Hispanic Americans** were **1.2 times as likely to be obese** than Non-Hispanic Whites.
CDC 2013. Health United States, 2012. Table 68.



Increased physical activity and decreased sedentary behavior are not only associated with **lower rates of obesity**, but also **reduce the risk** for many diseases associated with obesity, such as **diabetes, heart disease, hypertension, and stroke** among others.

Hispanics are about **50% more likely to die** from **diabetes or liver disease and cirrhosis** than whites.

www.cdc.gov/media/dpk/2015/dpk-vs-hispanic-health.html

In 2011, **Hispanic adults** were **30% less likely** to engage in **active physical activity** as compared to Non-Hispanic Whites.

CDC 2012. Summary Health Statistics for U.S. Adults: 2011.

Among **Mexican American women**, **78 percent** are **overweight or obese**, as compared to only 60.3 percent of the non-Hispanic White women.

CDC 2013. Health United States, 2012. Table 68.

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Differences in the 6 leading causes of death, NON-HISPANIC WHITES vs HISPANICS

Non-Hispanic Whites	Hispanics
1 Heart Disease	1 Cancer
2 Cancer	2 Heart Disease
3 Chronic Lower Respiratory Diseases	3 Unintentional Injuries
4 Unintentional Injuries	4 Stroke
5 Stroke	5 Diabetes
6 Alzheimer's Disease	6 Chronic Liver Disease & Cirrhosis

SOURCES: Vital Statistics Cooperative Program, Mortality Data Files, 2013.



Obesity is related in part to sedentary lifestyles—never engaging in any vigorous, moderate, or light physical activities for at least 10 minutes at a time. More than half of Hispanic and black non-Hispanic women reported that they led sedentary lives, compared with around two of every five women who were Asian, Native Hawaiian or Other Pacific Islander, American Indian or Alaska Native, and white non-Hispanic.⁵

Research on hypertension by Hispanic subgroup finds considerable variation between men and women. One study found that Mexican, Mexican American, Central American, and South American women all had greater odds of having hypertension than did their male counterparts.⁶

Top Diseases – U.S. vs. Foreign-born

	% of Hispanic population with disease	
Cancer	2.7% <i>U.S.-born</i>	1.4% <i>Foreign-born</i>
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Heart Disease	6.8% <i>U.S.-born</i>	3.6% <i>Foreign-born</i>

Risk Factors – U.S. vs. Foreign-born

	% of Hispanic population with risk factor	
Obesity	47.1% <i>U.S.-born</i>	36.3% <i>Foreign-born</i>

SOURCES: National Health Interview Survey, 2009-2013, National Health and Nutrition Examination Survey, 2009-2012.

1. "Obesity and African American," Office of Minority Health, Last accessed May 6, 2013, <http://minorityhealth.hhs.gov/templates/content.aspx?ID=6456>.
2. Vital Signs: Leading Causes of Death, Prevalence of Diseases and Risk Factors, and Use of Health Services Among Hispanics in the United States—2009—2013" Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), May 8, 2015/64(17):469-478, <http://www.cdc.gov/mmwr>
3. "Vital Signs: Leading Causes of Death, Prevalence of Diseases and Risk Factors, and Use of Health Services Among Hispanics in the United States—2009—2013" Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), May 8, 2015/64(17):469-478, <http://www.cdc.gov/mmwr>. P.469
4. CDC MMWR May 8, 2015/64(17):469-478
5. "Women of Color Health Data Book, Fourth Edition." The Office of Research on Women's Health , National Institutes of Health, April 2015. P.x.
6. "Women of Color Health Data Book, Fourth Edition." The Office of Research on Women's Health , National Institutes of Health, April 2015. P 22.

