

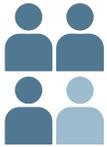


# A SNAPSHOT

## The Asian Community Bone Health Initiative

2015–2019

### Background



Musculoskeletal diseases affect nearly three out of four persons age 65 and over in the United States<sup>1</sup>



Asian American women are at higher risk for developing osteoporosis than men<sup>3</sup>



Asians are the fastest growing demographic of older adults in NYC<sup>2</sup>



Exercise and self-management education have been found to be effective in preventing and reducing the symptoms of musculoskeletal conditions<sup>4</sup>

### About this Program



#### History

Launched in 2011 in response to the musculoskeletal health needs of the growing number of Asian older adults in NYC



#### Audience

Asian older adults living in New York City



#### Goals

- Improve musculoskeletal health
- Provide culturally-relevant education and exercise programs



#### Program Structure

- 1-hour educational lecture and workshop
- 8-week yoga program
- 8-week chair exercise program

For more information please contact Maggie Wimmer at [wimmerm@hss.edu](mailto:wimmerm@hss.edu)

### HSS Education Institute

<sup>1</sup> Bone and Joint Burden (2015). *The Burden of Musculoskeletal Diseases in the United States*.

<sup>2</sup> U.S. Department of Health and Human Services, A. (2017). *2017 Profile of Asian Americans Age 65 and Over*.

<sup>3</sup> National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center (2018). *Osteoporosis and Asian American Women*. Bethesda, MD.

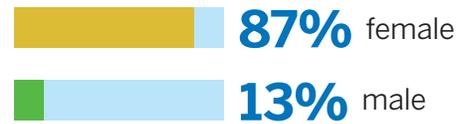
<sup>4</sup> Hunt, M.A., Keefe, F.J., Bryant, C., Metcalf, B.R., Ahamed, Y., Nicholas, M.K., & Bennell, K.L. (2013). A physiotherapist-delivered, combined exercise and pain coping skills training intervention for individuals with knee osteoarthritis: A pilot study. *Knee*. 20(2), 106-112.



## Program Reach and Impact

Reached **7,817**  
community members

**69%**  
aged 60 years or older



## Improved Health Outcomes



**42%** increase in ability to carry and lift groceries<sup>5</sup>



**94%** felt less stiff<sup>5</sup>



**32%** had less fatigue<sup>6</sup>



**49%** increase in ability to climb several flights of stairs<sup>5</sup>



**15%** decrease in pain intensity<sup>7</sup>



**45%** increase in ability to bend, kneel, and stoop<sup>5</sup>



**36%** increase in moderate physical activity<sup>8</sup>



**96%** had better balance<sup>5</sup>



**58%** reduction in falls<sup>8</sup>

## Improved Self-Management Skills



**97%** reported better self-management skills

## Program Satisfaction



**97%** would recommend the program to a friend or family

### HSS Education Institute

535 East 70th Street, New York, NY 10021

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<sup>5</sup> As measured by the SF-36 Health Survey.

<sup>6</sup> As measured by the Brief Fatigue Inventory.

<sup>7</sup> As measured by the PROMIS Numeric Rating Scale v1.0-Pain Intensity 1a.

<sup>8</sup> As measured by the 3-question Physical Activity Questionnaire (3Q).