

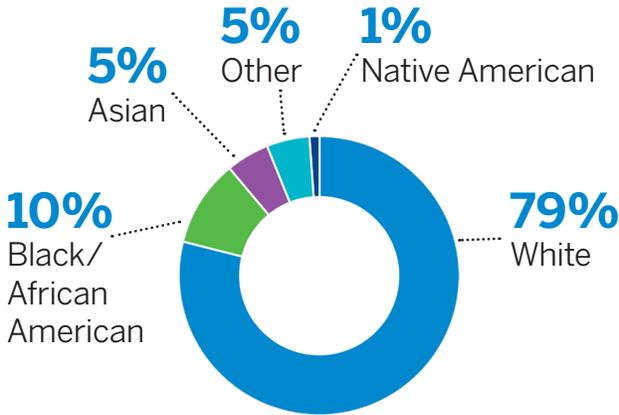
# A SNAPSHOT

## Community Health Needs Assessment

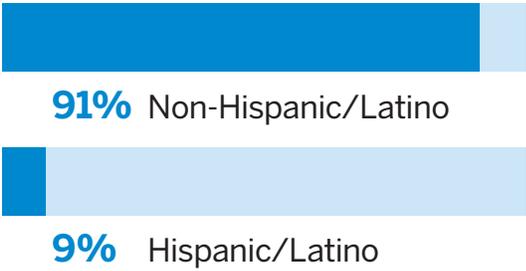
In 2019, a total of **11,410** patients and community members responded to our community survey, which was given in English, Spanish, Chinese and Russian. The results below provide a snapshot of our respondents and their reported musculoskeletal health needs—information which can be used to initiate and improve community healthcare programs.

### Socio-demographic

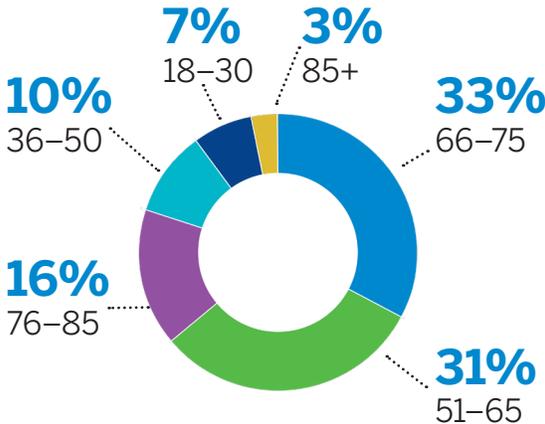
#### Race



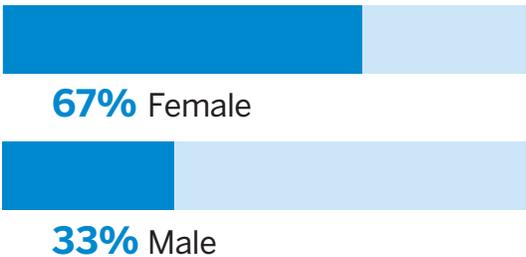
#### Ethnicity



#### Age



#### Gender



### Top Geographic Location

- 24%**  
Manhattan
- 17%**  
New Jersey
- 8%**  
Brooklyn and  
Queens (each)
- 7%**  
Connecticut and  
Nassau county,  
Long Island (each)
- 6%**  
Suffolk county,  
Long Island and  
Westchester (each)

## Quality of Life



**83%**

Rated their health positively



**1 out of 2**

Reported more than one week of pain in the past month



**1 out of 4**

Reported poor physical and mental health

Three most common symptoms of musculoskeletal conditions reported:

- 1** Joint/bone pain
- 2** Stiffness
- 3** Muscle pain or aches

The top musculoskeletal condition reported:

**65%** Osteoarthritis



**27%**

Fell in the past year

## Top 10 Health Needs

- 1.** Osteoarthritis
- 2.** Osteoporosis
- 3.** Joint, muscle, and bone pain
- 4.** Falls and balance
- 5.** Rheumatoid arthritis
- 6.** Stress and mental health
- 7.** Lifestyle (ie. poor diet, obesity, and lack of exercise)
- 8.** Fatigue
- 9.** Stiffness
- 10.** Complementary alternatives to manage pain

## Health Behavior and Lifestyle

**25%** reported having poor diet



Top barriers to poor diet:

- Food preparation time
- Eating habits of friends/family
- Cost would not help

**69%**



Did not meet physical activity guidelines



More than half used prescription pain medicine

**64%**



Never used complementary treatments to manage their pain

## Access to Care



Top barriers to access healthcare:

- Getting an appointment
- Cost

Barriers to following medical advice:

- Side effects
- Belief that treatment would not help

## Health Education

**More than half**

Lacked confidence to manage their chronic condition

**79%**

Did not participate in an educational class to learn how to manage their chronic condition

Preferred health education activities:

**50%** Exercise classes

**50%** Online lectures