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
- **79%** White
- **10%** Black/African American
- **10%** Asian
- **5%** Other
- **1%** Native American

#### Ethnicity
- **91%** Non-Hispanic/Latino
- **9%** Hispanic/Latino

#### Age
- **31%** 51–65
- **33%** 66–75
- **16%** 76–85
- **10%** 36–50
- **10%** 18–30
- **7%** 85+

#### Gender
- **67%** Female
- **33%** Male

### 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

### Health Behavior and Lifestyle

- **25%** reported having poor diet

<table>
<thead>
<tr>
<th>Top barriers to poor diet:</th>
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<tbody>
<tr>
<td>Food preparation time</td>
</tr>
<tr>
<td>Eating habits of friends/family</td>
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<tr>
<td>Cost would not help</td>
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</tbody>
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- **69%** Did not meet physical activity guidelines

- **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

### 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