



A SNAPSHOT
HSS Musculoskeletal Health Initiative
 2011–2019

Background



Approximately 54 million people in the United States have been diagnosed with some form of arthritis¹



Physical activity³ and increased awareness of musculoskeletal conditions can improve musculoskeletal health⁴



Musculoskeletal conditions are the most common cause of work-related disability among U.S. adults²



Community-based self-management education programs have been shown to significantly improve musculoskeletal health conditions⁵

About this Program



Goals

Launched in 1989 to improve musculoskeletal health through exercise and education



Program Structure

- 1-hour weekly exercise classes (T'ai Chi, yoga, Pilates, yogalates, dance)
- 1-hour lectures and workshops
- Digital programs (live-stream webinars, on-demand videos, online classes)



Audience

Adults and older adults with or at-risk of musculoskeletal conditions

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HSS Education Institute

¹ Barbour KE, Helmick CG, Boring M, Brady TJ. Vital Signs: Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation — United States, 2013–2015. *MMWR Morb Mortal Wkly Rep* 2017;66:246–253. DOI: <http://dx.doi.org/10.15585/mmwr.mm6609e1>

² Theis, K. A., Roblin, D. W., Helmick, C. G., & Luo, R. (2018). Prevalence and causes of work disability among working-age US adults, 2011–2013, NHIS. *Disability and health journal*, 11(1), 108-115.

³ Lewis, R., Gómez Álvarez, C. B., Rayman, M., Lanham-New, S., Woolf, A., & Mobasheri, A. (2019). Strategies for optimising musculoskeletal health in the 21st century. *BMC musculoskeletal disorders*, 20(1), 164. doi:10.1186/s12891-019-2510-7

⁴ Bergman, S. (2007). Public health perspective—how to improve the musculoskeletal health of the population. *Best Practice & Research Clinical Rheumatology*, 21(1), 191-204.

⁵ Hoon, E., Smith, K., Black, J., Burnet, S., Hill, C., & Gill, T.K. (2016). Take charge of pain: evaluating a community-targeted self-management education program for people with musculoskeletal pain. *Health Promotion Journal of Australia*, 28(1), 77-80. doi:<https://doi.org/10.1071/HE15123>



Program Reach and Impact

323 exercise classes reaching **19,990** participants

294 lectures/workshops reaching **7,188** participants

33 digital programs reaching **14,725** participants

97% aged 60 years or older

94% female

6% male

Improved Health Outcomes



77%
felt less stiff



Fatigue decreased by
29%⁶



Moderate physical activity increased by
46%⁸



76%
had better balance



Pain intensity decreased by
29%⁷



91%
reported better self-management skills

Program Satisfaction



95% were satisfied with the program



94% would recommend the program to a friend or family

“Have not fallen a single time since doing Pilates.”

“It helps me to be more mindful, I perform breathing exercises when I get anxious, and realize that even taking a walk is helpful for the body.”

“It’s a safe place, teachers are well trained and not untrained people that happen to work at a gym.”

⁶ As measured by the Brief Fatigue Inventory

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

⁸ As measured by the 3-question Physical Activity Questionnaire (3Q)