Background

Arthritis is one of the most prevalent chronic conditions in New York State (24.4%)\(^1\)

Falls are the most common cause of non-fatal injury in the U.S. and within Fairfield County, CT.

About this Program

Goals

- Educate the community on the prevention and management of musculoskeletal conditions/injuries
- Raise awareness of HSS as a specialty, musculoskeletal health hospital and of available services in the tri-state regional markets

Audience

Patients and community members (adults) that live or work near our HSS Regional Outpatient Centers

Program Structure

- Onsite programs
- Bi-lingual outreach programs
- Collaboration with healthcare partners
- Corporate wellness programming
- Wellness/exercise programs

Geographic Locations

- Stamford, CT
- Westchester, NY
- Long Island, NY
- Paramus, NJ

For more information please contact Pamela Sanchez-Villagomez at villagomezp@hss.edu

HSS Education Institute

\(^1\) New York State Department of Health, New York State Arthritis Fact Sheet (2014)
A SNAPSHOT

Program Reach and Impact

396 programs reaching 5,463 community members and patients

- 70% female
- 60% Hispanic
- 30% male
- 40% non-Hispanic

- 65% 50+ years
- 13% 20–49 years
- 22% <20 years

Improved Self-Management Skills

100% can apply what they learned to manage their balance

87% reported better self-management skills

Improved Health Outcomes

58% had less fatigue

87% felt less stiff

92% had better balance

57% were more physically active²

Program Satisfaction

94% were satisfied with the program

100% would recommend the program to a friend or family

“As I progressed, I got rid of the stiffness and the pain.”
“This is a great class! I hope it never stops.”

HSS Education Institute
535 East 70th Street, New York, NY 10021
Public and Patient Education Department, HSS Education Institute | Tel: 212.606.1057 | hss.edu/pped | ©2020 Hospital for Special Surgery. All rights reserved.

² As measured by the Adult Physical Activity Questions from the National Health Interview Survey (NHIS)