



A SNAPSHOT

HSS Regional Community Education and Outreach

2015–2019

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



Program Structure

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



Audience

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



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)



Program Reach and Impact



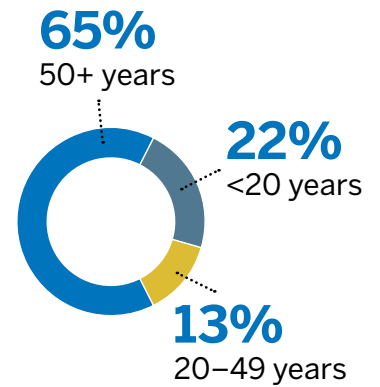
396 programs reaching
5,463 community members and patients

70% female

60% Hispanic

30% male

40% non-Hispanic



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.”

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