OSTEOARTHRITIS IN NUMBERS

Approximately **8.75 million** people in the UK have sought treatment for osteoarthritis

**£5.2 BILLION** IS THE ANNUAL DIRECT COST TO THE HEALTH SERVICE OF OSTEOARTHRITIS

**68% of people** with osteoarthritis report depression when pain is at its worst

**1/5 PEOPLE OVER 45**

One in five people over 45 has osteoarthritis in their knee

**66,000 HIP REPLACEMENTS**

More than 66,000 hip replacements in 2011 alone due to osteoarthritis

**77,000 KNEE REPLACEMENTS**

More than 77,000 knee replacements in 2011 alone due to osteoarthritis

**14 TIMES INCREASED RISK**

In the most obese, there is a 14 times increased risk of developing knee osteoarthritis compared to someone with a healthy body weight

WHAT DO YOU NEED TO KNOW ABOUT OSTEOARTHRITIS?

Osteoarthritis is the most common form of arthritis, affecting over 8 million people in the UK. Once developed it is a permanent condition. People living with osteoarthritis often talk about the pain they experience and the impact the condition has on their daily lives. From difficulty carrying out everyday tasks such as doing the shopping, to affecting people’s ability to move – osteoarthritis is an invisible, painful and often debilitating condition that in its most severe forms can lead to joint replacements, which can be a highly successful treatment.

1. Osteoarthritis was described as “an unrecognised public health priority” by the Chief Medical Officer for England in her Annual Report 2011.

2. Musculoskeletal conditions, including osteoarthritis, account for the largest proportion of years lived with disability in the UK, according to the recent Global Burden of Disease Study.

3. Approximately 8.75 million people in the UK have sought treatment for osteoarthritis.

4. Due to the effects of obesity and the increasing size and ageing of the population, the number of people in the UK consulting a GP about knee osteoarthritis could rise from 4.7 million in 2010 to 8.3 million by 2035.

For more information please contact the Policy and Public Affairs team on policy@arthritisresearchuk.org or 020 7307 2244.

For more information see our website: www.arthritisresearchuk.org

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WHAT CAN PARLIAMENTARIANS DO TO HELP PEOPLE WITH OSTEOARTHRITIS?

The information in this toolkit can be used to raise key questions nationally and locally.

Nationally

- Raise awareness in Parliament of osteoarthritis and its impact, including through asking parliamentary questions.
- Over the next year, hold NHS England to account for fulfilling the NHS Mandate objective to offer everyone with a long term condition a personalised care plan, including people with osteoarthritis.
- Write to the Secretary of State for Health and to Public Health England asking them to make arthritis and musculoskeletal health a priority in their upcoming three year strategy.

Locally

Health and Wellbeing Boards lead on developing the Joint Strategic Needs Assessment (JSNA), which paints a picture of the health needs of the local population. The JSNA informs and guides commissioning of services in the local area.

Clinical Commissioning Groups are now responsible for commissioning the majority of health services to meet the needs of their local communities.

Please contact your local Health and Wellbeing Board raising the following key points and questions:

<table>
<thead>
<tr>
<th>Fact</th>
<th>Question to ask</th>
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<tbody>
<tr>
<td>Musculoskeletal conditions account for the largest proportion of years lived with disability in the UK</td>
<td>Does your JSNA recognise the impact that osteoarthritis has on your local population?</td>
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<tr>
<td>In the most obese there is a 14 times higher risk of developing knee osteoarthritis compared to those with a healthy body weight</td>
<td>Is the relationship between osteoarthritis and obesity recognised in your JSNA? What are your priorities for tackling obesity and encouraging physical activity?</td>
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Please contact your local Clinical Commissioning Group raising the following key points and questions:

<table>
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<td>The majority of hip and knee replacements are due to osteoarthritis.</td>
<td>How are you raising awareness of the rights of people with osteoarthritis to access joint replacement surgery within 18 weeks of referral as set out in the NHS Constitution?</td>
</tr>
<tr>
<td>Exercise and muscle strengthening exercises improve joint pain and stiffness and maintain mobility</td>
<td>How are you ensuring people with osteoarthritis have access to the physiotherapy, exercise facilities and weight management services they need?</td>
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<tr>
<td>The NHS Mandate commits that everyone with a long term condition will be offered a personalised care plan</td>
<td>How are you working within primary care to deliver on this commitment for people living with osteoarthritis?</td>
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1. Local authorities and Clinical Commissioning Groups have equal responsibility to provide a Joint Strategic Needs Assessment and a Joint Health and Wellbeing Strategy through the Health and Wellbeing Board. Public health departments in local authorities will assist by conducting analysis of relevant data.