

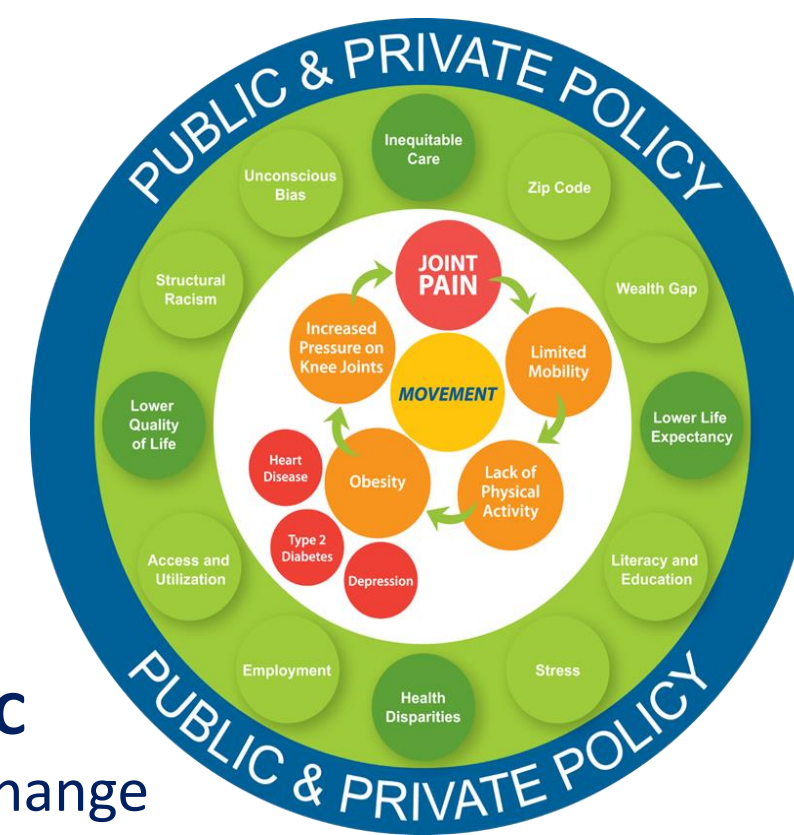
Introduction

Disparities in Joint Pain, Limited Mobility and Chronic Disease

•African American women have the highest rates of being overweight or obese compared to other groups in the U.S. About four out of five African American women are overweight or obese (HHS OMH, 2017).

Vicious Cycle of Arthritis

Physical inactivity worsens many chronic conditions and chronic conditions worsens the vicious cycle.



Our solution to the vicious cycle is Operation Change (OC).

Purpose of OC

- Opportunity for behavior change
- Grass-roots, community program
- Underserved women, African-American
- Tailored education, structured physical activity
- Measured behavior change

Results

Movement is Life developed a community-based program called Operation Change, which is designed to empower African American, Hispanic/Latino, and White women, who are obese, experiencing joint pain and chronic conditions, and aged 45-80 years, to take greater control of their health and wellbeing. Through an 18-week program, participants receive patient education, engagement in physical activity, and support for behavior change via the use of motivational interviewing.

• 5 sites :

- African American: Chicago, IL; St. Louis, MO; Mt. Vernon, NY
- Hispanic/Latina: San Diego, CA
- Rural: Hazard, KY

•The program's greatest strength is its ability to be tailored to specific communities. What works for one group might not work for another.

•The program is culturally tailored in every aspect of the program and participants also inform the program.

•Programs consistently result in high completion rates and significant improvement in self-reported physical and emotional health outcomes. For example,

- **Blood Pressure**
 - 22% decrease
- **Weight**
 - 9% decrease in waist circumference
- **Depression**
 - 56% decrease
- **Quality of Life**
 - 67% improvement
- **Movement (Steps via 50 foot walk)**
 - 18.2% increase in walking the 50 foot walk distance
- **KOOS, Jr.**
 - Knee Stiffness - 37% decrease
 - Pain – 34% decrease
- **Social Support**
 - 18% increased social support from family and friends

Conclusion

Lessons Learned

- Innovative programs are needed and can work.
- ✓Community Based
 - ✓Accessible, Safe
 - ✓Culturally sensitive
 - ✓Shared Decision Making – Personalized, Realistic
 - ✓Motivation
 - ✓ Need support
 - ✓ Incentives help but self motivation works

So what does this mean for your clinical practice?

Who?

- For those patients not ready for surgery.
- For patients with bilateral disease.
- Postoperative care.

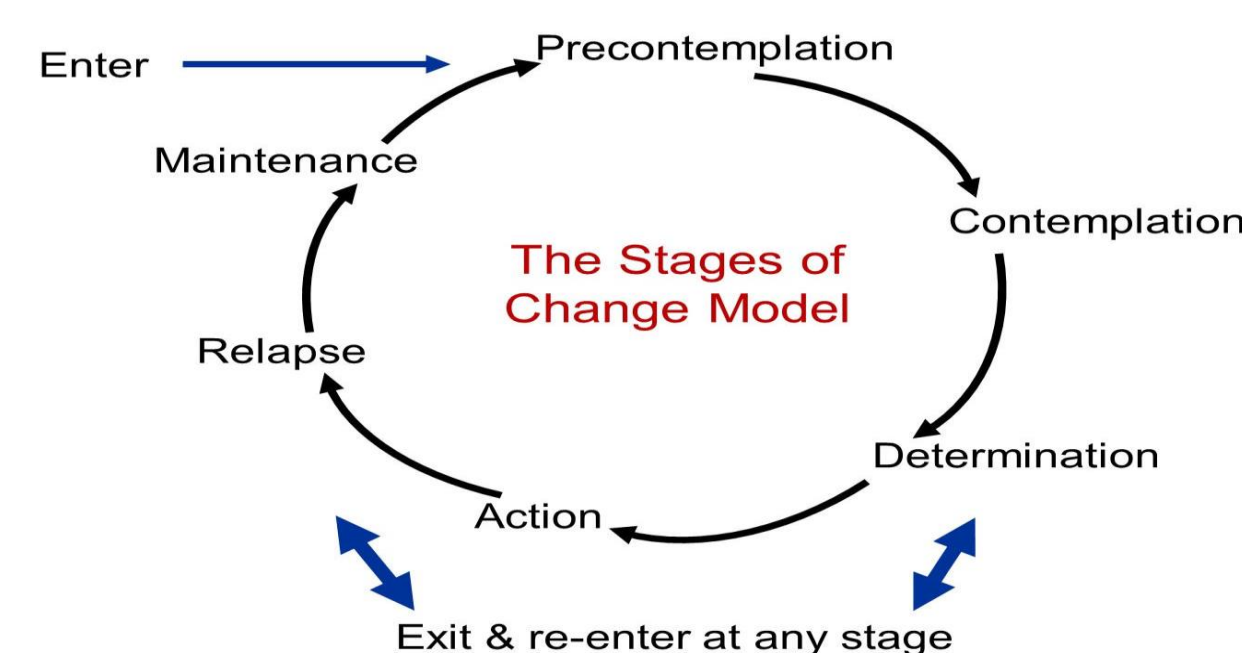
Personalized medicine

- Understanding your patients' needs.
- Culturally competent care.
- Shared decision making.

Methods

Using the Stages of Change Model and focus group methodology, participants behavior changes and adoptions were evaluated.

Stages of Change



Sources

1. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=25>
2. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=70>

Acknowledgements

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