

A National Public Health Agenda for Osteoarthritis

Ten Recommendations

- 1 Self management education** should be expanded as a community-based intervention for people with symptomatic OA.
- 2 Low impact, moderate intensity aerobic physical activity** and muscle strengthening exercise should be promoted widely as a public health intervention for adults with OA of the hip and/or knee.
- 3 Existing policies and interventions** that have been shown to reduce OA-related joint injuries should be promoted, implemented and enforced.
- 4 Weight management** should be promoted for the prevention and treatment of OA, and national nutrition and dietary guidelines for the general population should be followed by adults with OA so they select a quality diet while staying within their calorie requirements.
- 5 A national policy platform for OA** should be established to improve the nation's health through evidence-based clinical and community prevention and disease control activities, including core public health infrastructure improvement activities.
- 6 Systems to deliver evidence-based interventions** should be expanded.
- 7 Quality of and equal access to evidence-based interventions** for OA should be assured.
- 8 Workplace environments** should be improved by adopting policies and interventions that prevent onset and progression of OA.
- 9 A well designed communication strategy** should be initiated and sustained to enhance understanding and change attitudes and behavior among consumers, healthcare providers, policy makers, employers and the business community, and community organizations.
- 10 Research and evaluation** should be pursued to enhance surveillance, better understand risk factors, refine recommended intervention strategies, evaluate workplace interventions, and examine emerging evidence on additional promising interventions.