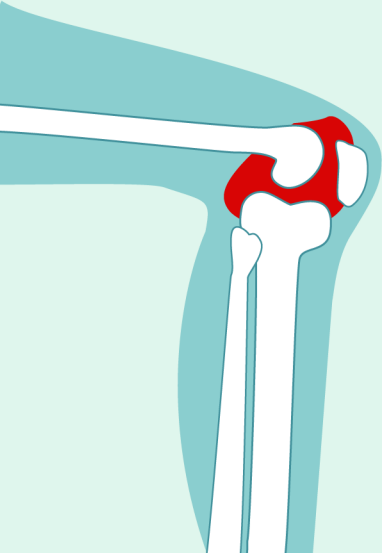


Arthritis Consumer Experts National Survey Report on Osteoarthritis in Canada

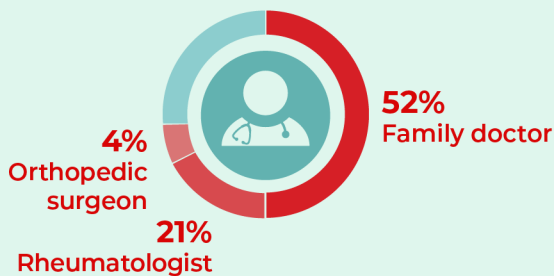
Arthritis Consumer Experts (ACE) conducted a 41-question online Survey (March 23 to April 14, 2023) in English and French. Respondents shared their lived experience living with osteoarthritis (OA), including symptoms, interactions with their health care providers, lifestyle changes and any other treatments and self-care strategies they use to live a full life with the disease. [Click here](#) to read the full report.



Who were the Survey respondents?

- 384 respondents
- 6% respondents identified as black, Indigenous, or person of colour and 94% respondents identified as white
- 67% identified as women, 14% as men, and less than 1% as non-binary
- 34% respondents lived in urban areas and 30% lived in suburban or rural areas

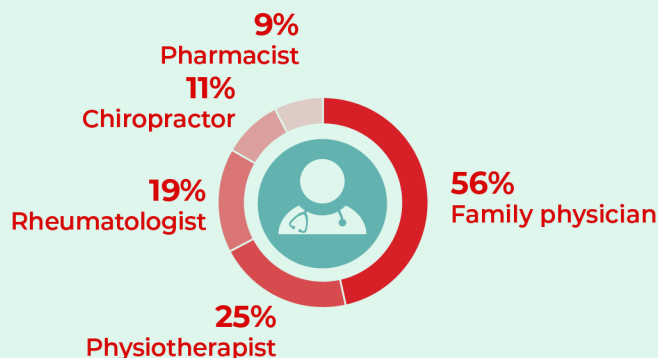
Who diagnosed your osteoarthritis?



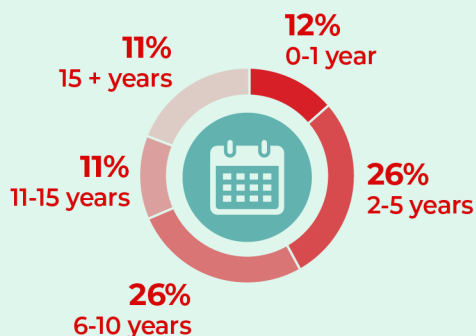
"I got more advisable info from my Physical therapist than I did my doctors."

– Indigenous respondent

Who is on your osteoarthritis healthcare team?

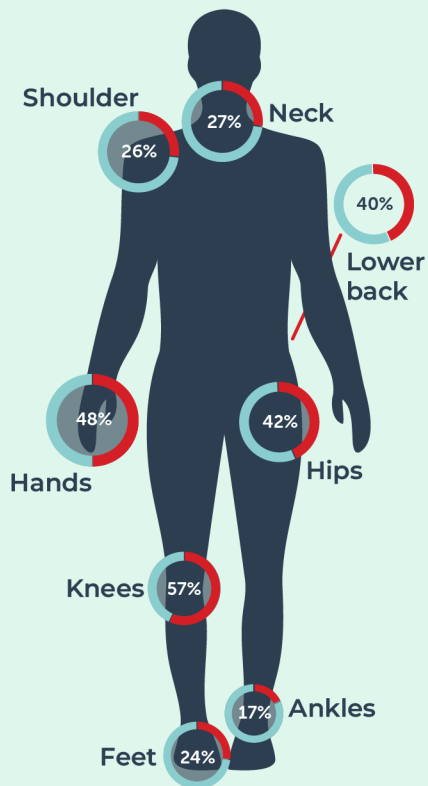


Duration of disease



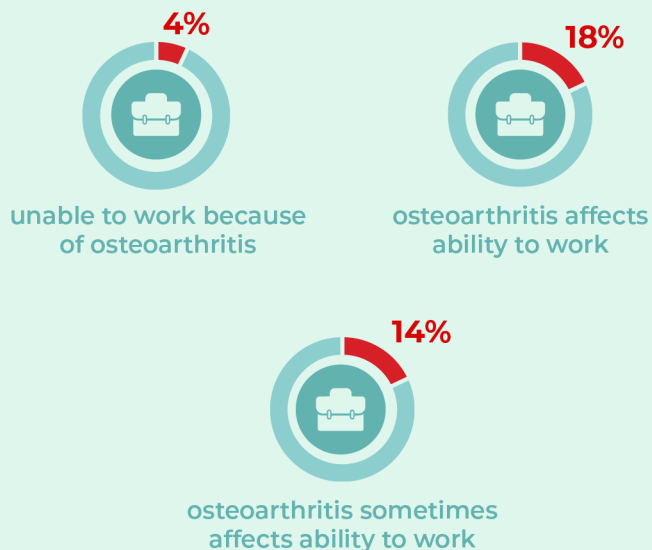
It is important to note that the number of individuals who did not complete the survey was significant. Therefore, many of the percentages will not add up to 100%.

Areas in the body affected by osteoarthritis

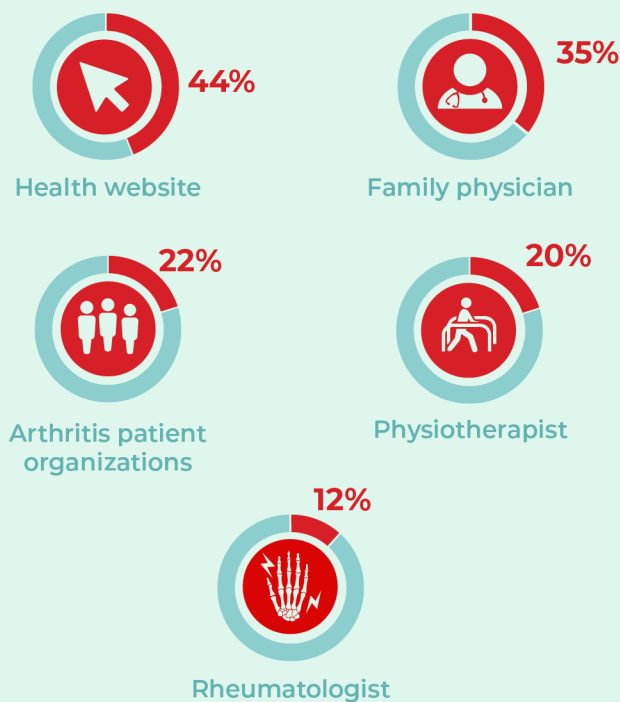


Women reported higher occurrence of osteoarthritis in the neck, lower back, and feet

Effects of osteoarthritis on work



Where respondents received health information about osteoarthritis



My health care provider...

	identified my joint symptoms as those of osteoarthritis	took the necessary time to explain my diagnosis	gave specific advice for self-care for osteoarthritis
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Strongly disagree	2%	3%	4%
Disagree	3%	13%	16%
Neutral	6%	15%	19%
Agree	32%	27%	25%
Strongly agree	30%	15%	9%

Key Takeaways

Respondents who have osteoarthritis and live in rural areas have limited access to the care they need to manage their disease symptoms. Provincial and territorial governments need to assess these gaps in care and explore ways to improve access to early treatment and pain management for rural residents living with osteoarthritis who are at risk for increased disease severity and reduced quality of life.