An Ounce of Prevention is Worth a Pound of Cure: Osteoarthritis and Rural Youth

Common Risk Factors:
- Sports/Work Injuries
- Occupational Back/Weight Stress
- Genetics
- Age
- Job Hazards

Many youth ag workers don’t know that they are at risk.

Osteoarthritis in Youth—Strategies for Prevention:

- EDUCATE on the dangers of repeated movements and work with the lower back, knees, and shoulders.
- ENCOURAGE the use of appropriate tools, vehicles, and age appropriate, adjustable handles and other tools. Adaptability and flexibility are critical for fatigue management, proper postures and balance, and proper working ergonomics.
- Joint injuries can be prevented by proper lifting techniques.
- Broadscale training for those who work with young populations can result in increased awareness of the pain and limitations faced by Osteoarthritis.

Osteoarthritis in Youth—Strategies for Prevention

- PHYSICAL CAPABILITIES – BODY LIMITATIONS – WORK TASKS – TOOLS AVAILABLE – ENVIRONMENT – ERGONOMICS

Find the best fit between the youth worker and the job—ensure that they are injured, safe, comfortable, and productive.

Where We Are Now...

- Sample Lesson Plan
- Osteoarthritis Online Course

Direct Instruction

Access Video: Integrating Osteoarthritis Prevention - A Rural Revolution 30-20.mp4 | aridwetland.org
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Osteoarthritis in Youth: Strategies for Prevention

Physical Capabilities - Body Limitations
- Work Tasks
- Tools Available - Environment
- Ergonomics

Find the best fit between the youth worker and the job - ensure that they are uninjured, safe, comfortable, and productive.

Osteoarthritis in Youth - Strategies for Prevention

Common Youth Risk Factors
- Genetic
- Work Intensity
- Physical Trauma

Osteoarthritis in Youth - Strategies for Prevention

Common Causes of OA in Youth
- Sports/Work Injuries
- Unprotected Back\n- Stress
- Genetics
- Age
- Job Hazards

Many youth ag workers don't know that they are at risk. OA is not a normal part of aging, and it can occur much earlier than in a youth's life if their daily tasks are repetitive, forceful, or extreme.

Osteoarthritis in Youth - Strategies for Prevention

Educate on the dangers of repetitive, forceful movements and work tasks - be safe, clean, and aware.

Encourage the use of ergonomic aids, utility vehicles, other safety training, etc.

Joint problems can be prevented by having correct working positions, reducing forces on the joints, and slowing down the speed in which workers do the job.

Nonsurgical care can be used to reduce pain and inflammation. (Source: USDA, USDA WHS)

Where We Are Now...
- Sample Lesson Plans
- Create Online Course

Current Initiative
- Youth Work - DTHV, NWSS - Joint Pain Lecture

Prezi
Common Youth Risk Factors

Agriculture is one of the most hazardous industries in the nation, and yet it has more youth involved in the physical day-to-day jobs than any other industry (USDA, Ag Census, 2012).

Nearly 900,000 youth are working on farms in some capacity (USDA, Ag Census, 2012).

If the average age of our US adult farmer is approaching 58 years old, and over 1/3 of those adult farmers have some form of arthritis, how are our farm youth being utilized on the farms to compensate for these facts?
Important Questions

1- Are more farm youth taking over tasks that they are not physically capable to do?

2- Are they able to understand the physical demands of the job?

3- Are there other factors in their life that affect their joint strength?
Why Are Youth At Risk?

- Lack of Experience
- Unfamiliar with the Work
- Risk-Takers
- Driven to Succeed
- Reluctant to Ask Questions
- Enthusiasm Outweighs Judgement
Common Causes of OA in Youth

- Sports/Work Injuries
- Unbalanced Diet/Weight
- Stress
- Genetics
- Age
- Job Hazards

Many youth ag workers don't know that they are at risk.

OA is not a normal part of aging, and it can occur much earlier in a youth's life if their daily tasks are repetitive, forceful, or extreme.
Osteoarthritis in Youth—Strategies for Prevention

EDUCATE on the dangers of jumping, livestock awareness and working in chutes, clean and safe work areas, and machinery safety.

ENCOURAGE the use of mounting aids, utility vehicles (if age permits), wheeled carts, additional mirrors, adaptable handles and other tools, adjustable seats and stools, anti-fatigue mats, proper footwear and braces, and proper mounting and lifting techniques.

JOINT INJURIES CAN BE PREVENTED by having correct working posture, reducing force on the joints, and decreasing the repetitions in movements by the joints.

WATCHING AND LEARNING from their family and other ag workers can raise awareness of the pain and limitations caused by Osteoarthritis.
Osteoarthritis in Youth - Strategies for Prevention

PHYSICAL CAPABILITIES + BODY LIMITATIONS + WORK TASKS + TOOLS AVAILABLE + ENVIRONMENT = ERGONOMICS

Find the best fit between the youth worker and the job - ensure that they are uninjured, safe, comfortable, and productive.
Youth Outreach and Education

- High School Ag Programs
- 4-H Clubs
- FFA Chapters
- Local Farm Day/Ag Day Exhibits
- Social Media
- Online Courses
- Family Meetings
Where We Are Now...

- Sample Lesson Plans
- Captivate Online Course

Contact Information

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Common Youth Risk Factors

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Osteoarthritis in Youth: Strategies for Prevention

PHYSICAL CAPABILITIES - BODY LIMITATIONS - WORK TASKS - TOOLS AVAILABLE - ENVIRONMENT - ERGONOMICS

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Osteoarthritis in Youth: Strategies for Prevention

Where We Are Now...

Sample Lesson Plan

Capitalize Online Course

Current Issue

Joint pain in healthy people is usually related to injury, overuse, or inflammation. Common causes of joint pain include:

- Sprains
- Muscle sprains
- Tendonitis
- Bursitis
- Arthritis

The following are actions to take to prevent joint pain:

- Maintain a healthy weight
- Eat a balanced diet
- Stay active
- Avoid overuse of certain joints
- Use proper posture and technique when lifting
- Use ergonomic equipment and tools
- Wear适当的 protective equipment
- Take breaks when working on a task for an extended period
- Consult a medical professional if joint pain persists

Common Causes of OA in Youth

Sports/Work Injuries
- Unprotected Back/Neck
- Stress
- Genetics
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- Job Hazards

Osteoarthritis in Youth: Strategies for Prevention

EDUCATE on the dangers of work. Request assessments of youth working with chemicals, and similar hazards.

ENCOURAGE the use of acceptable tools, utility vehicles, and other helpful devices to lighten the workload.

PROTECT the school of recording data, utility vehicles, and other tools with proper controls and barriers, and proper monitoring and lifting techniques.

SPORTS/RASHES CAN BE PROVEN with certain working practices. Reduce stress on the joints, and assume the appropriate techniques for the job.

WASHTING AND LEARNING from the family and other ag workers can raise awareness of the pain and limitations caused by Osteoarthritis.