



## Important Bone and Joint Decade Data

During USBJD National Awareness Week, reporters and producers are bound to ask you the same questions:

- What is the Bone and Joint Decade?
- What exactly are musculoskeletal problems?
- How many Americans suffer from them?
- How much money does it cost our society?



To have quick answers handy for these and other frequent questions, please refer to the following links on the [usbjd.org](http://usbjd.org) Web site:

**Fast Facts on the Bone and Joint Decade** — [www.usbjd.org/about/index.cfm?pg=fast.cfm](http://www.usbjd.org/about/index.cfm?pg=fast.cfm)

**Descriptions of the Bone and Joint Decade and Musculoskeletal Disease** — [www.usbjd.org/about/index.cfm](http://www.usbjd.org/about/index.cfm)

**Mission Statement of the United States Bone and Joint Decade** — [www.usbjd.org/about/index.cfm?pg=mission.cfm](http://www.usbjd.org/about/index.cfm?pg=mission.cfm)

**The United States Bones and Joint Decade . . . In a Nutshell** — [www.usbjd.org/index.cfm?pg=nutshell.cfm##](http://www.usbjd.org/index.cfm?pg=nutshell.cfm##)



## Suggested USBJD National Awareness Week Activities (continued)

### Corporate/association Involvement

Don't forget to promote NAW in-house. Activities can include:

- Displaying USBJD signage throughout your office and cafeteria
- Updating your Web site to include special NAW section
- Offering health and bone density screenings to your employees
- Organizing after-hour, bone-strengthening activities and workout sessions
- Sponsoring a raffle where winners will receive free gym memberships



### Medical College/University Involvement

- Schedule activities that will update your faculty and students on current musculoskeletal challenges, as well as members of your local community.
- Invite experts to speak on various bone and joint disorders
- Partner with other local USBJD organizations to hold a public symposium or health fair on bone and joint disorders
- Disseminate brochures and materials on campus
- Encourage students to share information with family and friends
- Organize sports activities and races