

Becoming an arthritis champion in the Scottish parliament: your first hundred days



Did you know?

- **800,000** people in Scotland live with osteoarthritis
- The NHS spends **£353 million** on the annual musculoskeletal health budget
- There are **600,000** primary care consultations per year on back pain
- NHS hip fracture costs exceed **£73 million** per year
- **48%** of work-related illness in Scotland is related to arthritis and joint pain

Want to make a real difference in your first hundred days?

We need you to champion our campaign which seeks to **Prevent**, **Transform** and **Cure** arthritis. Join Arthritis Research UK as we seek to prevent and cure arthritis and related conditions whilst transforming services for people in Scotland living with them now. Your actions over the first hundred days could make a real and lasting impact for people living with arthritis in your constituency and beyond.

Getting started

First question time for health ministers

There is a strong link between living a healthier life and reducing the risk of developing a musculoskeletal condition: for example, the risk of knee osteoarthritis is considerably higher if you are obese. Despite this, not enough is done to demonstrate to the public the link between healthy lifestyles, particularly exercise, and healthy joints and bones.

Ask the Cabinet Secretary for Health, Wellbeing and Sport at Question Time how the National Physical Activity Pathway will promote the link between exercise and pain reduction? And how will the Government ensure that Integration Boards place arthritis and related conditions at the heart of their plans for public health?

Ensuring long term sustainability of scientific research

Scotland excels in medical research and we need to see continued leadership from the Scottish Government to make sure this excellence is maintained.

We need you to be active in the run-up to the first Budget and Spending Review of the new Parliament to ensure the Government gives a long term commitment to the funding streams which maximise charities' investment in innovative research.



Meet with Arthritis Research UK

People across Scotland are living with the daily pain of arthritis and related conditions; 800,000 are living with osteoarthritis alone. We will be inviting new and returning MSPs to meet with us after the election, so that they can learn more about arthritis and hear about people's experiences of living with them.

If you would be interested in meeting with us or one of our leading researchers in Scotland, please contact **InfluencingScotland@arthritisresearchuk.org** and we will be happy to arrange a meeting.

Finding out about services for people with arthritis in your constituency

Services for people with arthritis vary across Scotland. But there are ways you can improve the lives of people living with pain now. You can ask your local Integration Board to undertake a full needs assessment of people with arthritis and musculoskeletal conditions and place them at the forefront of service delivery in the future, using the template letter available on our website:

www.arthritisresearchuk.org/ScotlandManifesto

You can also ask your local council to conduct an investigation into support services for people with musculoskeletal conditions.



Our Manifesto

The Arthritis Research UK Scotland Manifesto called for all Parliamentary Candidates to become '**Arthritis Champions**' and put in place policies to:

Prevent their development through a ground-breaking public health approach to musculoskeletal health throughout the life-course.

Transform the lives of people with musculoskeletal conditions through more integrated, person centred care and personalisation.

Find a **Cure** for musculoskeletal conditions by ensuring that there is an environment in the UK within which innovative medical research can thrive.



About Arthritis Research UK

Arthritis Research UK is the charity dedicated to stopping the devastating impact that arthritis has on people's lives. Everything that we do in Scotland is focused on taking the pain away and keeping people active: funding ground-breaking research at our centres in Glasgow and numerous educational projects and training across the country. Our remit covers all conditions which affect the joints, bones and muscles including osteoarthritis, rheumatoid arthritis, back pain and osteoporosis. We fund research into the cause, treatment and cure of arthritis, provide information on how to maintain healthy joints and bones and to live well with arthritis.

We also champion the cause, influence policy change and work in partnership with others to achieve our aims. We depend on public support and the generosity of our donors to keep doing this vital work.

For more information contact our policy team on **02073 072 282** or at **policy@arthritisresearchuk.org**