



YOUR
FIRST 100 DAYS

AS AN MP

Did you know?

Arthritis

- leads to 30.8 million working days lost
- causes 20% of people to consult a GP
- costs the NHS £4.7 billion and is its 3rd largest programme budget
- has an indirect cost to the economy of over £25 billion each year.



One in five people consult a GP about a musculoskeletal problem every year

Want to make a real difference in your first 100 days?

Millions of people in the UK are living with the pain, fatigue and isolation of arthritis without the support they need. We need to put the needs of people with arthritis on the political agenda so we can transform lives. By getting the big decisions right we can make life better for everyone affected by arthritis.

- **Become an Arthritis Champion** and support Arthritis Research UK as we seek to prevent and cure musculoskeletal conditions whilst transforming services for people living with them now. Go to arthritisresearchuk.org/ChampionPledge

Getting started

Attend our parliamentary events

Join us at our events in Parliament to learn more about the impact of arthritis on your constituents and how you can work with us to push back the limits of the condition. We hold an annual summer reception, a drop-in event in February and briefing sessions throughout the year.

Attend the first session of Oral Questions to Health Ministers

Due to an ageing population, and rising levels of obesity and physical inactivity, the number of people with arthritis is increasing. This will mean more people living in pain, unable to do the things that matter to them, and even greater pressure on health and care services.

- **Take action:** Ask the Government how they will act to prevent arthritis and transform services for those already living with the condition. For more information, please see our [manifesto](#).

Attend the first session of Oral Questions to Work and Pensions Ministers

For people with arthritis, being employed offers security and financial independence, and can increase positive mental health. But too few people with arthritis have the right support to stay in, and return to, work. This failing has a major impact on both individuals, and wider society.

- **Take action:** Ask the Government how people with arthritis can be supported to return to and stay in work. For more information, please see our [manifesto](#).

Attend the First Session of Oral Questions to Business, Energy and Industrial Strategy Ministers

Medical research charities like Arthritis Research UK are a vital part of the research sector. Our work has already uncovered breakthrough treatments. It's vital that the UK remains a leading force in medical research, delivering jobs, economic growth, and above all cutting-edge treatments for UK patients.

- **Take action:** Ask the Government how they will protect the UK's position as a global leader in science and sustain the benefits of the life-science sector to the economy. For more information, please see our [manifesto](#).

Join the APPG on Medical Research

The Arthritis Research UK research community harnesses the power of exceptional science, finding the breakthroughs that help people push back the limits of arthritis. We need MPs to help ensure that the UK has a medical research environment that allows them to continue to find the innovative treatments that make everyday life better for people with arthritis.

- **Take action:** Join the APPG on Medical Research and help champion the UK's position as a world leader in this vital area. Contact us at policy@arthritisresearchuk.org if you would like to join the APPG.

Musculoskeletal conditions in your constituency

The lack of data about people with arthritis is a major barrier to ensuring people with the condition get the help they need. To combat this, we created the Musculoskeletal Calculator, the first tool of its type which allows you to compare the prevalence of musculoskeletal conditions in different areas. This tool, which is available online at arthritisresearchuk.org/mskcalculator shows the estimated prevalence of certain musculoskeletal conditions in local authority areas, helping local authorities to ensure that the impact of arthritis part of their plans for the health needs of local populations.

- **Take action:** Find out how many people in your local authority area have knee osteoarthritis, hip osteoarthritis and back pain and share it with your local Health and Wellbeing Board and Director of Public Health.

The MSK Calculator estimates:

England			Scotland		
18.2%	10.9%	16.9%	16.6%	10.1%	19.1%
of adults aged over 45 years in England have osteoarthritis of the knee . That's 4.11 million people, 6.1% of which are affected by the severe form of the condition.	of adults aged over 45 years in England have osteoarthritis of the hip . That's 2.46 million people, 3.2% of which are affected by the severe form of the condition.	of people have back pain in England. That's 9.1 million people of all ages, 5.5 million of which are affected by the severe form of the condition.	of adults aged over 45 years in Scotland have osteoarthritis of the knee . That's 420,000 people, 4.1% of which are affected by the severe form of the condition.	of adults aged over 45 years in Scotland have osteoarthritis of the hip . That's 256,000 people, 2.5% of which are affected by the severe form of the condition.	of people aged over 18 years in Scotland have back pain . That's 910,000 people, 564,000 of which have severe back pain.

The MSK Calculator is a local estimates prevalence model developed by Imperial College London in partnership with Arthritis Research UK. MSK Calculator data for osteoarthritis is available via an online tool with access to additional prevalence estimates. Prevalence estimates for Wales and Northern Ireland are currently not available.

Our Manifesto

The Arthritis Research UK **manifesto** *Prevent, Transform, Cure* invited all Parliamentary candidates to become Arthritis Champions and put in place policies to reduce the impact of musculoskeletal conditions by:

- 1** making musculoskeletal conditions a public health priority
- 2** ensuring people have timely access to health and care services that enable them to improve their musculoskeletal health
- 3** ensuring people with musculoskeletal conditions have fair and timely access to services that support them to be in work, including financial support
- 4** protecting the UK's position as a global leader in science and sustain the benefits of the life-science sector to the economy.

arthritisresearchuk.org/printmanifesto

Contact Us

The Arthritis Research UK Policy and Public Affairs team can support actions you take in Parliament on behalf of people with arthritis with useful briefings, data or advice on drafting. Please contact Owain Mumford, our Public Affairs Manager, via email at **o.mumford@arthritisresearchuk.org**

Arthritis Research UK is the charity dedicated to stopping the devastating impact that arthritis has on people's lives.

We combine cutting edge research and the expertise of people with arthritis to make everyday life better for people with these conditions in the UK. We invest in exceptional science to find the next breakthrough, and draw upon the experiences of people with arthritis to provide world leading arthritis information. We believe that by getting the big decisions right we can make life better for everyone affected by arthritis. Working together, we can make changes that give fuller lives to millions of people with arthritis.

arthritisresearchuk.org

 **@ArthritisRUK**  **/arthritisresearchuk**

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