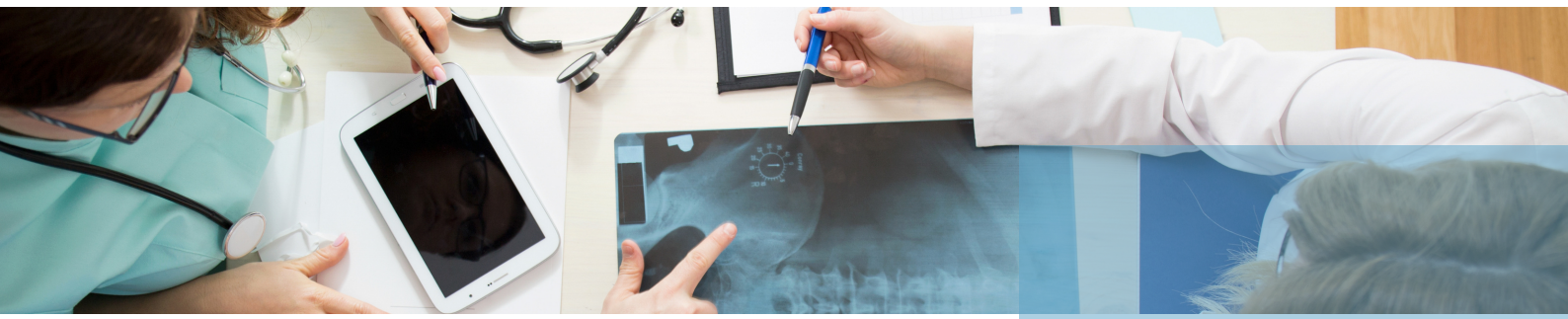


JOHNSTON COUNTY HEALTH STUDY NEWSLETTER

OCTOBER 2021 | ISSUE 1



STUDY UPDATES

To date, we have enrolled 362 study participants. We are incredibly grateful for these volunteers who have committed their time and effort to the study. Their participation contributes to a better understanding of how osteoarthritis is related to health conditions such as injury, obesity, diabetes and heart disease. Additionally, their participation is helping us better understand how these health conditions differ by gender and race/ethnicity.

END OF AN ERA

For the past 30 years, the **Johnston County Osteoarthritis Project**, the parent study to the Johnston County Health Study, has worked with many volunteers from Johnston County who have committed numerous hours to our study.

The data we have collected from our participants from Johnston County has led to researchers obtaining valuable new information about osteoarthritis. The Johnston County Osteoarthritis Project was the first study of arthritis in the rural south. It served as an important training ground for many arthritis researchers. We were excited to present findings from our study at a number of scientific meetings across the United States and globally in places like London, Paris, and Amsterdam.

Examples of what we learned from the Johnston County Osteoarthritis Project include:

- By age 85:
 - 1 in 2 people will have knee osteoarthritis
 - 1 in 4 will have hip osteoarthritis
 - 2 in 5 will have hand osteoarthritis.

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WELCOME

Welcome to the Johnston County Health Study (JoCoHS) quarterly newsletter! We created this electronic publication for our participants and supporters to keep them informed of our study milestones, unique stories, staff developments, study presentations, and publications. Feel free to share this newsletter to anyone who may be interested in following our study.



- The prevalence of knee osteoarthritis has been increasing over the past 25 years, especially among women and among people who are Black.
- The prevalence of hip osteoarthritis among people who are Black is roughly equal to that of people who are White. This result was important because it was incorrectly believed that people who are Black did not get hip osteoarthritis before the Johnston County study showed otherwise.
- People who are White are more likely to have hand osteoarthritis than people who are Black.
- Obesity is a significant risk factor for osteoarthritis, especially at the knee and hand.

Our study team has evolved during the years. Three of our long time team members have recently retired. But one has rejoined us part time. We have hired a few new faces. However, our commitment to working with Johnston County residents has not waived.

Our study team wishes all participants the best in the future and again, is incredibly grateful for your participation! We look forward to continuing our work with the Johnston County community.

HISPANIC HERITAGE MONTH

We celebrate National Hispanic American Heritage Month from September 15 - October 15 every year. The month is dedicated to celebrating the many achievements and contributions Hispanic Americans have made to the nation.

The many volunteers in our study who identify as Hispanic, Latino(a) or Latinx are among those we celebrate. Their contributions to our study and community are invaluable.



NEW STAFF

Meet the newest addition to our staff. Misty Coates, a resident of Johnston County, is our new Lab Technician and Phlebotomist. She collects and processes specimens. Misty has 13 years experience as a medical technician and phlebotomist. Our participants say that she is great at explaining study procedures, answering questions, and making them feel at ease. We are fortunate to have Misty as part of our team.

**DO YOU KNOW SOMEONE WHO MAY BE INTERESTED IN OUR STUDY?
WE ARE ALWAYS LOOKING FOR NEW PARTICIPANTS.**

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