



Healthy Hips Day

Help hip  
dysplasia to  
be seen by  
wearing  
green!

2nd November  
2018



November 2<sup>nd</sup>, 2018 has been declared **Healthy Hips Day**. On this day the Australian community is encouraged to wear **green**, get the facts about hip dysplasia, and raise vital funds to support Healthy Hips Australia's work in improving awareness, support and early diagnosis of the condition.

Hip dysplasia, also known as developmental dysplasia of the hip (DDH), is a common condition which occurs when the ball and socket of the hip do not fit together in their 'normal' position. Sometimes this is due to abnormal development and/or lack of growth of the hip joint. It can result in months — and in some cases years — of medical treatment.

Approximately 11 children a day are diagnosed with hip dysplasia in Australia, and the incidence of late diagnosis is rising. Research has indicated nine out of ten cases of hip dysplasia are diagnosed during adolescence or adulthood, with hip dysplasia the most common cause of hip arthritis before the age of fifty. Despite this, awareness of hip dysplasia and factors influencing it in Australia is limited. Research published in The Medical Journal of Australia, in April 2016, called for increased awareness and education to address the rising rate of late diagnosed hip dysplasia in Australia. You can help raise awareness by joining us this November.

A diagnosis of hip dysplasia is overwhelming, partly because of the lack of awareness surrounding the condition. Those affected can feel sad and bewildered—but also guilty for having these feelings, since the condition isn't life threatening. Whilst not life-threatening, hip dysplasia can be life changing and early diagnosis is key.

Someone in your community has been impacted by hip dysplasia and would like your workplace, school or childcare facility to be involved in hosting a Healthy Hips Day event. The organisation of the day is at your discretion; you may choose to simply host the 'For hip dysplasia to be seen, wear green!' day and seek a gold coin donation. Other ideas include hosting an awareness walk or morning tea on the day, and/or inviting persons impacted to share their personal experience via a small talk or story circulated using your communication channels.

Should you be willing to host a Healthy Hips Day event, please register via the website [online form](#). Many thanks for considering this request and, hopefully, supporting raising awareness for hip dysplasia.

Kind regards,

A handwritten signature in black ink, appearing to read "Sarah Twomey".

Sarah Twomey  
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IMPROVING AWARENESS, SUPPORT  
& EARLY DIAGNOSIS FOR HIP DYSPLASIA