

Key Messages

What is Healthy Hips Australia (HHA)

- A national hip dysplasia health promotion charity.
- Our mission is to improve awareness, support and early diagnosis for hip dysplasia.
- We aim to minimise the potential for the condition to have a life changing impact on a person's life.

Healthy Hips Week

- Healthy Hips Week is 1-7 April 2019 – it's a national week of action to get people talking about hips, and help hip dysplasia to be seen and understood.
- Healthy Hips Week is held in April each year; this is our 4th event.

Where can people find help

- Whilst not life threatening, the condition can be life changing. Often a lack of prior awareness for the condition makes the diagnosis and commencement of treatment an overwhelming and isolating time.
- For peer support, tips and practical information to assist during this time go to www.healthyhipsaustralia.org.au

Hip dysplasia – so what?

- 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. ⁽¹⁾
- Left undiagnosed, it's one of the leading causes of early-onset arthritis of the hip and is a significant public health issue. Treatment is optimised when diagnosis occurs within the first 3 months of life. ⁽²⁾
- Globally 1 in 10 infants are born with hip instability, and 1 in 500 with completely dislocated hips. ⁽³⁾
- 1 in 100 infants need treatment for hip dysplasia; that is about 8 infants a day are diagnosed with hip dysplasia in Australia. (The rate of treatment is as high as 1 in 50 in parts of the country). ^{(3), (4)}
- 185 total hip replacements are performed on adults under 55 in Australia, each year, due to hip dysplasia. ⁽⁵⁾
- The incidence of late diagnosis is rising in Australia;
 - A diagnosis of hip dysplasia after 3 months of age increases the risk for poorer outcomes from non-invasive treatment methods, an increased likelihood of more invasive treatment and surgery, greater need for hospital services, and early onset osteoarthritis of the hip. It also increases health care costs. ⁽²⁾
- 57 per cent of parents had heard about hip dysplasia prior to their child's diagnosis. ⁽⁶⁾
- 54 per cent of parents whose child has been diagnosed with hip dysplasia report they do not feel they are given sufficient information about their baby's condition. ⁽⁶⁾

HHAs work

- HHA empowers parents to start a conversation with their child's health professional about their hip health.
- HHA encourages everyone to know of the condition, its risk factors and potential signs to facilitate early diagnosis.
- The percentage of parents feeling uninformed about their child's condition after diagnosis has improved from 79.5% down to 54% since HHA began but there is still work to be done in this respect ^{(6), (7)}
- Parental awareness for the condition prior to diagnosis has also improved from 52 to 57% since HHA began but not by as much as we would like ^{(6), (7)}

Healthy Hips Week 2019 theme – “Never miss an opportunity to check the hips”

- Every child's hips need checking by their GP or child/maternal health nurse at:
 - Birth
 - 1-4 weeks
 - 6-8 weeks
 - 6-9 months
 - 12 months
 - then at normal health reviews until 3.5 years old
- By talking about hip dysplasia, we can:
 - prepare new parents for a possible diagnosis and support them throughout treatment,
 - reduce risk factors that contribute to the development of hip dysplasia, such as tight swaddling, and
 - reduce the incidence of late diagnosis through regular hip checks.

Calls to action

- Hip health is everybody's responsibility. Let's talk hips this April!
- Visit healthyhipsaustralia.org.au to access a hip check schedule today

References:

1. Healthy Hips Australia: www.healthyhipsaustralia.org.au
2. Studer K, Williams N, Antoniou G, Gibson C, Scott H, Scheil WK, Foster BK, Cundy PJ. Increase in late diagnosed developmental dysplasia of the hip in South Australia: risk factors, proposed solutions. Med J Aust 2016; 204 (6): 240.
3. International Hip Dysplasia Institute: www.hipdysplasia.org
4. Western Australian Register of Developmental Anomalies 1980-20014: https://www.kemh.health.wa.gov.au/~media/Files/Hospitals/WNHS/Our%20Services/State-wide%20Services/WARDA/Reports/2015_Annual_Report_of_the_WA_Register_of_Developmental_Anomalies.pdf
5. Australian Orthopaedic Association National Joint Replacement Registry 2016 Annual Report: <https://aoanjrr.sahmri.com/documents/10180/275066/Hip%2C%20Knee%20%26%20Shoulder%20Arthroplasty>
6. 2018 Healthy Hips Australia Survey. 1002 respondents
7. 2017 Healthy Hips Australia Survey. 640 respondents