

## HPP Joint Health Data Analysis for Blood Brotherhood Survey Participants

Note: Data analysis limited to men with reported hemophilia A or hemophilia or vWD diagnoses. This dataset had 120 respondents that met inclusion criteria.

### Overall Respondent Information

- Age
  - 18-29 years: 17%
  - 30-39 years: 26%
  - 40-49 years: 14%
  - 50-59 years: 28%
  - 60+ years: 15%
- Primary Diagnosis
  - Hemophilia A: 78%
  - Hemophilia B: 16%
  - vWD: 7%
- Region
  - Region 1 (Northeast): 15%
  - Region 2 (Midwest): 38%
  - Region 3 (South): 31%
  - Region 4 (West): 15%
- Treatment Plan
  - Prophylaxis: 67%
  - On-Demand: 27%
  - Do not know or No formal Plan: 6%

### Safe Physical Activity Knowledge:

- 78% of men correctly identified one or more safe physical activities
  - Men living in Region 2 (Midwest) and Region 3 (South) accounted for 70% of those who responded correctly
- 22% incorrectly identified: “Wrestling” or “Football” or “BMX Racing” or “Skiing (downhill) or Snowboarding” or “Skateboarding” or “Trampoline” as a safe physical activity
- Among those who answered incorrectly, 30% are men 30-39 yrs old and 30% are 50-59 yrs old
- A significant portion (over 70 missing) of men did not complete questions related to joint problems and pain related questions

### Benefits of Regular Physical Activity Knowledge:

- 78% of men correctly identified one or more benefits in engaging in regular physical activities while
- 22% incorrectly indicated regular physical activity would “Decreases good cholesterol (HDL)” or “Increases weight” or “Increases the risk of developing spontaneous joint bleeds”

### Weight Intention:

- More than half (54%) of men indicated that they want to lose weight while 23% want to stay the same weight and 17% are not trying to do anything about their weight
- 82% of the men who wanted to lose weight correctly identified one or more safe physical activities and 71% can correctly identify one or more benefits in engaging regular physical activities

### **Current Physical Activity**

- 80% of men reported currently physical active
  - The most active men are ages 30-39 years old and 50-59 years old
  - 78% of men correctly identified one or more safe physical activities
- Among the 20% of men who are currently not active, 29% indicated their intention to lose weight
  - All of the men who are currently not active correctly identified one of more benefits to regular physical activity

### **Intention for Physical Activity:**

- 76% of men reported intention to become more physical active in the next 6 months
- 59% of men who intend to become more active are also trying to lose weight
- 81% men who intend to become more active identified one or more safe physical activities
- Over 50% of men who intends to become more physical active reported “Always” and “Frequently” to joint problems (Note: sample size for this is much smaller in comparison to other moderating variables due to limited data on joint problems).

### **Regular Physical Activity:**

- 69% of men currently engages in regular physical activities
  - Over 70% of men who report regular physical activity correctly identified one or more safe physical activities and benefits of regular physical activities

### **Regular Physical Activity in the last 6 months:**

- 60% of men have engaged in regular physical activities in the last 6 months

### **Days of Reported Current Physical Activity:**

- 47% of men reported 5-7 days of physical activity in a week
  - 29% are men who are 30-39 years old
  - 41% are from Region 2
- 26% of men reported 1-2 days of physical activity in a week
  - 33% are men who are 30-39 years old
  - 80% from Regions 2 and 3
- 23% of men reported 3-4 days of physical activity in a week
  - 46% are men who are 50-59 years old
  - 46% from Region 3
- 48% men with hemophilia A reported 5-7 days of physical activities
- 35% men with hemophilia B reported 3-4 days of physical activities

- Men who engaged in 5-7 days of physical activities had the greatest percentage in being accurate and inaccurate in identifying safe physical activities and benefits of regular physical activities

#### **Days of Current Moderate Physical Activity:**

- Men average 4.17 days of moderate intensity physical activity each week with a median score of 4 days.
- Men who engages in 3-4 days of moderate intensity physical activity are ones that most correctly identified safe physical activities and benefit of engaging in regular physical activity
- Men who engages in 5-7 days of moderate intensity physical activity are ones that most likely to answer incorrectly on safe physical activities and benefits of physical activities.

#### **Days of Current Vigorous Physical Activity:**

- Men average 2.93 days of vigorous intensity physical activity each week with a median score of 3 days.
- Men who engages in 1-2 days of vigorous intensity physical activity are one who most correctly identified safe physical activity while those who most incorrectly answer which activities are unsafe report 5-7 days of vigorous intensity physical activity
- In terms of identifying benefits of regular physical activity, men who engage in 3-4 days of vigorous intensity physical activity are most likely to answer correctly and those reported 1-2 days are more likely to answer incorrectly

#### **Joint Problem:**

- Only 41 men respond to this question:
  - 52% indicated “Always” and “Frequently” in joint problems

#### **Joint Problem That Limits Activities:**

- Only 41 men respond to this question:
  - 51% indicated that joint problem “Rarely” or “Never” limit daily activities

#### **Days of Pain Affected Activity:**

- Only 41 men respond to this question:
  - 34% indicated 0 days of pain affected activity
  - 44% indicated 1-15 days of pain affected activity
  - 22% indicated 16-30 days of pain affected activity

#### **Joint Problems that Limits Today’s Activities**

- 81% reported that joint problems do not limit their activities today

#### **Overwhelmed by Bleeding Disorders:**

- 60% of men indicated that they are “Never” or “Hardly Ever” overwhelmed by their bleeding disorder

## Physical Activity Information Source- HFA Activities:

Overall:

- A great deal (29%)
- A moderate amount / Occasionally (46%)
- Never, Rarely, Not Aware (16%)

Specific Activities:

- **MO Sessions**
  - A great deal (7%)
  - A moderate amount / Occasionally (30%)
  - Never, Rarely, Not Aware (43%)
- **Online Forum:**
  - A great deal (15%)
  - A moderate amount / Occasionally (25%)
  - Never, Rarely, Not Aware (60%)
- **Symposium**
  - A great deal (24%)
  - A moderate amount / Occasionally (20%)
  - Never, Rarely, Not Aware (56%)
- **Social Media**
  - A great deal (20%)
  - A moderate amount / Occasionally (31%)
  - Never, Rarely, Not Aware (49%)
- **Newsletter**
  - A great deal (22%)
  - A moderate amount / Occasionally (42%)
  - Never, Rarely, Not Aware (36%)
- **Website**
  - A great deal (15%)
  - A moderate amount / Occasionally (24%)
  - Never, Rarely, Not Aware (61%)
- **Webinars**
  - A great deal (10%)
  - A moderate amount / Occasionally (28%)
  - Never, Rarely, Not Aware (62%)

## Summary of Findings:

- Men appears to be fairly educated on what are considered safe physical activities and benefits of engaging in regular physical activities, however 1 in 5 men still cannot accurately identify safe physical activity and benefits of physical activity. Intervention to educate on different types and levels of safe physical activity and the benefits would be beneficial as the what was defined as safe physical activities was broad.

- Intention to engage in physical activity is higher than actual engagement in regular physical activity.
- Approximately ¼ of men are not engaging in the number of recommended days of physical activity. Men are engaging in less vigorous activities during the week than recommended.
- Overall, knowledge and awareness is needed but stronger emphasis is needed to get men from intending to engage to actually engaging in moderate and vigorous safe physical activity. Activities that promote consistent and broad uptake in physical activities should be address in all age groups.
- There is a significant amount of missing data regarding joint problems and pain related questions. These questions are at the end of the survey and this is likely due to respondent burnout since the survey was long.
- Among all of HFA activities, Symposium and quarterly newsletter appears to be most effective but there are a good number of individuals not engage in available activities. Innovative methods to engage these participants are likely needed.