

# RMDs are not only older people's diseases

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## Background

Jong & Reuma, the group of young people with RMDs in Flanders, Belgium, is still quite new. We wanted to reach out to the general public to raise awareness for RMDs at a young age during the corona pandemic.

## Objectives

- Raise awareness for RMDs at a young age
- Highlight the importance of early diagnosis and personalized treatment for young people with RMDs
- Highlight the importance of peer support

## Methods

For World Arthritis Day 2020 we developed a video of 2.5 minutes, using beautiful drawn images created by one of our team leaders, and coloured fingerprints of many young people with RMDs were added.

At the end of the video, Jong & Reuma asked to share the message and the video via different social media channels.

## Results

On and after World Arthritis Day 2020, the video was a huge success on social media. On Facebook, it was shared almost 600 times and is still shared

today. The post reached out to 80 000 people, the video was watched by more than 26 000 people!

## Conclusion

The video, made by young people with RMDs, was a great success and reached a lot of people.

## Further information

The video is still available on the [YouTube channel of ReumaNet](#).

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