

Arthritis is a term to describe more than 100 rheumatic diseases and conditions that affect the joints. Common symptoms of arthritis include pain, aching, stiffness, and swelling in and around the joint. Some forms of arthritis can affect multiple organs and cause widespread symptoms. The most common forms of arthritis are osteoarthritis, fibromyalgia, gout, rheumatoid arthritis, and systemic lupus erythematosus.

Arthritis in California

Arthritis in the U.S.

- **Burden and Impact** - An estimated 50 million U.S. adults (about 1 in 5) report doctor-diagnosed arthritis. By 2030, this number is expected to increase to 67 million.¹
- **Disability** - Arthritis is the nation's most common cause of disability, limiting the activities of 21 million U.S. adults and causing 1 of 3 working-age adults to report work limitations.¹
- **High Costs** - Arthritis costs the nation \$128 billion each year, including \$81 billion in direct costs and \$47 billion in indirect costs.¹

Common Forms of Arthritis - U.S. Adults²:

Osteoarthritis	27.0 million
Fibromyalgia	5.0 million
Gout	3.0 million
Rheumatoid Arthritis	1.3 million
Systemic Lupus Erythematosus	161,000 to 322,000

Risk Factors for Arthritis³

Non-modifiable	Modifiable
• Age	• Overweight and Obesity
• Gender	• Infection
• Genetics	• Joint Injuries
	• Occupation

Arthritis in California

Arthritis affects over 5.3 million California adults (22%).⁴

- Nearly 30% of all adults between the ages of 45 and 64 years have arthritis.⁴
- Nearly 50% of all adults between the ages of 65 and 74 have arthritis.⁴
- Over 50% of all adults over 75 years or older have arthritis.⁴

Arthritis and Race/Ethnicity

- **Unequal Impacts** - Arthritis affects all ethnic and racial groups; however some population groups experience a higher proportion of arthritis-attributable activity limitations, work limitations, social participation restrictions, and severe joint pain. Arthritis is also more common among adult women than men.⁴
- 28% of non-Hispanic Whites adults, 26% of non-Hispanic Black, 14% of Hispanic adults have arthritis.⁴
- 3.2 million are women (60%) and 2.1 million are men (40%).⁴
- 50% have activity limitations due to their arthritis.²

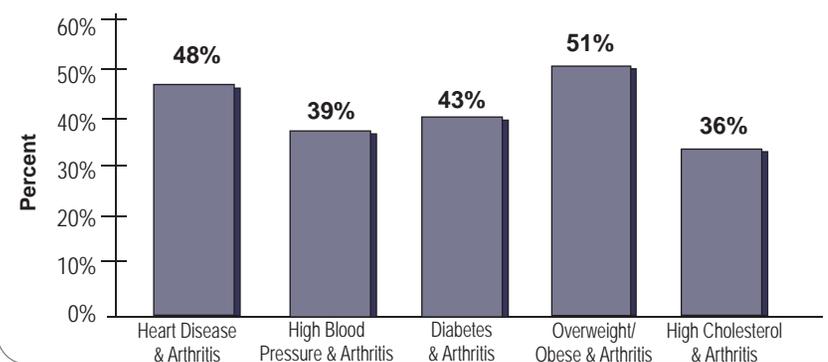
Arthritis and Other Chronic Conditions

Arthritis affects a large proportion of California adults who also have other chronic health conditions such as diabetes, heart disease, high blood pressure, high cholesterol, and obesity. The presence of arthritis may contribute additional barriers to adopting healthier lifestyles, such as physical activity, which is an important part of disease management.

Of California adults:

- With diabetes, 959,000 (43%) *also* have arthritis.⁴
- With heart disease, 664,000 (48%) *also* have arthritis.⁴
- With high blood pressure, 2,832,000 (39%) *also* have arthritis.⁴
- With high cholesterol, 2,637,000 (36%) *also* have arthritis.⁴
- Who are overweight and obese, 3,521,000 (51%) *also* have arthritis.
- With arthritis, 919,000 (17%) *also* have anxiety.⁵
- With arthritis, 801,000 (15%) *also* have depression.⁵

Prevalence of Arthritis in California Adults with Other Chronic Conditions



Source: State of California, Department of Public Health, Behavioral Risk Factor Surveillance System (BRFSS), 2011.

Arthritis and Physical Activity

- Regular, moderate physical activity for people with arthritis is safe, improves function, and reduces pain.⁶
- Walking is the most preferred exercise among people with arthritis and has been shown to improve arthritis symptoms, physical function, gait speed, and quality of life.⁷
- The environment plays a unique and vital role in addressing arthritis-specific barriers to physical activity, including walking, and provides effective and sustainable approaches to improve public health.⁸
- Of California adults with arthritis:
 - 43% do not get the recommended amount of physical activity or are inactive.⁴
 - 56% have been told by their doctor to exercise for their arthritis.⁴

Arthritis and Weight

- Obesity is associated with progression of arthritis, activity limitation, disability, reduced quality-of-life and poor clinical outcomes.⁹
- 34% and 35% of California adults with arthritis are obese and overweight respectively.⁴
- Only 50% of California adults with arthritis that were overweight or obese were told by their doctor to lose weight.⁴

Arthritis and Work

- Among working-age adults (18-64) with arthritis in California, 38% have work limitations due to their arthritis.⁴
- Anticipating and accommodating employment barriers caused by arthritis can prevent disability and maintain a healthy workforce.¹⁰
- Evidence-based interventions that are aimed in reducing physical and functional limitations attributed to arthritis, are a complementary fit to comprehensive worksite health-promotion programs.¹⁰

Arthritis and Self-Management

- Only 14% of adults with arthritis have attended a self-management workshop to learn to manage their arthritis.⁴
- Self-management workshops (offered in both English and Spanish) help participants reduce pain, depression, fear, and frustration; improve mobility and exercise; increase energy; and boost confidence in their ability to manage their condition.¹¹
- Research shows that, with a recommendation from a health care provider, a patient is much more likely to attend a self-management education workshop.¹¹

Public Health Strategies

Untreated or inadequately managed arthritis can have negative impacts on physical function, the ability to engage in valued life activities, to work, and to manage other chronic health conditions successfully, including anxiety and depression. An comprehensive public health response is needed that includes the delivery of and access to effective services and programs, environmental and systems change strategies, surveillance, and research. Several evidence-based physical activity and self-management education programs exist that can reduce the burden and impact of arthritis and other chronic health conditions:

- Walk with Ease, a program of the Arthritis Foundation
- Arthritis Foundation Exercise Program
- Arthritis Foundation Aquatics Program
- Chronic Disease Self-Management Program
 - Healthier Living
 - Tomando Control de su Salud
- Arthritis Self-Management Program
- Programa de Manejo Personal de la Artritis

California Arthritis Partnership Program (CAPP)

The California Arthritis Partnership Program (CAPP) improves the quality of life of Californians affected by arthritis and other rheumatic conditions by raising awareness of the importance of physical activity and self-management, and increasing access to evidence-based interventions.

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