



www.cdph.ca.gov/programs/CAPP

Arthritis in California

BRFSS 2009

California adults \geq 18 with doctor-diagnosed arthritis

How many adults in California have arthritis?

- 5,041,000 (20%) adults have arthritis
- 2,021,000 (16%) men have arthritis
- 3,020,000 (24%) women have arthritis

By age:

- 796,000 (6%) adults 18-44 have arthritis
- 2,408,000 (30%) adults 45-64 have arthritis
- 915,000 (47%) adults 65-74 have arthritis
- 922,000 (53%) adults 75 or older have arthritis

By race/ethnicity:

- 3,023,000 (27%) White adults have arthritis
- 312,000 (29%) Black adults have arthritis
- 1,260,000 (13%) Hispanic adults have arthritis

By education:

- 753,000 (16%) adults with less than a high school education have arthritis
- 1,093,000 (20%) adults with a high school education have arthritis
- 3,187,000 (22%) adults with more than a high school education have arthritis

Health status, arthritis-attributable limitations, and joint pain:

- 1,615,000 (32%) of adults with arthritis report fair or poor health
- 2,413,000 (48%) of adults with arthritis have activity limitation due to their arthritis
- 1,169,000 (37%) of working-age adults (18-64) with arthritis have work limitations due to their arthritis
- 851,000 (17%) of adults with arthritis have social participation restriction due to their arthritis
- 1,321,000 (27%) of adults with arthritis have severe joint pain due to their arthritis

Arthritis among adults with diabetes, heart disease, obesity, and risk factors:

- 884,000 (40%) of adults with diabetes also have arthritis
- 627,000 (50%) of adults with heart disease also have arthritis
- 2,435,000 (38%) of adults with high blood pressure also have arthritis
- 2,413,000 (34%) of adults with high cholesterol also have arthritis
- 1,790,000 (21%) of adults who are overweight also have arthritis
- 1,643,000 (27%) of adults who are obese also have arthritis
- 770,000 (28%) of adults who are inactive also have arthritis

Physical inactivity among adults with arthritis:

- 770,000 (16%) of adults with arthritis are inactive
- 1,320,000 (37%) of adults with arthritis are insufficiently active
- 1,643,000 (33%) of adults with arthritis are obese
- 1,790,000 (36%) of adults with arthritis are overweight

Management of arthritis:

- 3,362,000 (68%) of adults with arthritis can everything or most things they want to do; 1,548,000 (32%) cannot
- 1,448,000 (43%) of adults with arthritis were told by their doctor to lose weight
- 2,723,000 (56%) of adults with arthritis were told by their doctor to exercise
- 642,000 (13%) of adults with arthritis have every taken a course or class to learn to manage their arthritis