



www.cdph.ca.gov/arthritis

Arthritis in California

Behavioral Risk Factor Surveillance System (BRFSS 2011)
California adults ≥ 18 with doctor-diagnosed arthritis

How many adults in California have arthritis?

- 5,354,000 (22%) adults have arthritis
 - 3,230,000 (25%) women have arthritis
 - 2,124,000 (18%) men have arthritis

By age:

- 755,000 (6%) adults 18-44 have arthritis
- 2,472,000 (29%) adults 45-64 have arthritis
- 1,078,000 (48%) adults 65-74 have arthritis
- 1,049,000 (53%) adults 75 or older have arthritis

By race/ethnicity:

- 3,158,000 (28%) White adults have arthritis
- 1,103,000 (14%) Hispanic adults have arthritis
- 381,000 (26%) African American adults have arthritis

By education:

- 1,016,000 (22%) adults with less than a high school education have arthritis
- 1,197,000 (20%) adults with a high school education have arthritis
- 3,114,000 (22%) adults with more than a high school education have arthritis

Health status, arthritis-attributable limitations, and joint pain among adults with arthritis:

- 1,755,000 (33%) of adults with arthritis report their general health status as fair or poor
- 2,398,000 (50%) of adults with arthritis have activity limitation due to their arthritis
- 1,118,000 (38%) of working-age adults with arthritis (age: 18-64) have work limitations due to their arthritis
- 883,000 (18%) of adults with arthritis have social participation restriction due to their arthritis
- 1,257,000 (27%) of adults with arthritis have severe joint pain due to their arthritis

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

- 959,000 (43%) of adults with diabetes *also* have arthritis
- 664,000 (48%) of adults with heart disease *also* have arthritis
- 2,832,000 (39%) of adults with high blood pressure *also* have arthritis
- 2,637,000 (36%) of adults with high cholesterol *also* have arthritis
- 1,784,000 (21%) of adults who are overweight *also* have arthritis
- 1,737,000 (30%) of adults who are obese *also* have arthritis
- 1,232,000 (27%) of adults who are inactive *also* have arthritis

Physical inactivity among adults with arthritis:

- 2,180,000 (43%) of adults with arthritis are insufficiently active or inactive
- 1,737,000 (34%) of adults with arthritis are obese
- 1,784,000 (35%) of adults with arthritis are overweight

Management of arthritis:

- 1,477,000 (27%) of adults with arthritis cannot do everything or most things they want to do
- 1,760,000 (50%) of adults with arthritis were told by their doctor to lose weight for their arthritis
- 3,025,000 (56%) of adults with arthritis were told by their doctor to exercise for their arthritis
- 750,000 (14%) of adults with arthritis have attended a self-management course or class to learn to manage their arthritis

Public Health Strategy: Evidence-Based Physical Activity and Self-Management Education Interventions

Physical Activity

Walk with Ease, a program of the Arthritis Foundation, is designed for people with arthritis and those without arthritis that would like to begin a regular walking program. Walk with Ease is a multi-component program that includes walking, health education, stretching and strengthening exercises, and motivational strategies. Walk with Ease classes meet three times a week for six-weeks and are led by a trained leader. The program is available as a group program or a self-directed option. **Program benefits include increased physical activity; increased walking distance and speed; decreased pain; and decreased depression** (*English*).

Arthritis Foundation Exercise Program is led by a trained leader and covers a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. Exercises can be modified to meet individual participant needs. Program classes meet two or three times per week. **Program benefits include improved functional ability; decreased depression; decreased pain; and increased confidence in one's ability to exercise** (*English*).

Self-Management Education

Healthier Living and Tomando Control de su Salud (*Chronic Disease Self-Management Program*) are self-management education programs for people with a variety chronic health conditions. Developed by Stanford University, workshops are facilitated by two trained leaders, held in community settings, and meet 2 ½ hours per week for 6 weeks. Workshop sessions are highly interactive and focus on building skills, sharing experiences, and support. **Program benefits include reduced pain, depression, fear, frustration; improved mobility and exercise; increased energy; and a boost in confidence to manage a chronic health condition** (*English and Spanish*).

Arthritis Self-Management Program is a self-management education program for people with different types of rheumatic diseases, such as osteoarthritis, rheumatoid arthritis, fibromyalgia, and lupus. Developed by Stanford University, workshops are facilitated by two trained leaders, held in community settings, and meet 2 ½ hours per week for 6 weeks. Workshop sessions are highly interactive and focus on building skills, sharing experiences, and support. **Program benefits include reduced pain, depression, fear, frustration; improved mobility and exercise; increased energy; and a boost in confidence to manage a chronic health condition** (*English and Spanish*).