



Arthritis in California May 2015

What is Arthritis?

Arthritis is a term used to describe **more than 100** diseases and conditions that cause pain, aching, stiffness, and swelling in or around the joints. Osteoarthritis, rheumatoid arthritis, gout, lupus and fibromyalgia are common forms of arthritis.

Osteoarthritis is the most common type of arthritis.

Who has Arthritis?

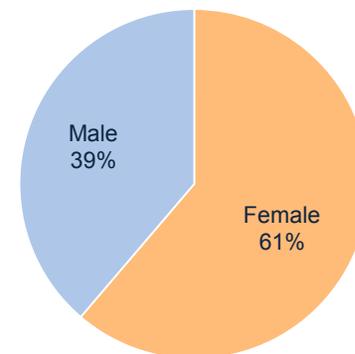


Figure 1. One in five Californian adults have Arthritis

Source: BRFSS, California 2013.

52.5 million adults in the United States have arthritis.¹ By 2030, this number is projected to grow to about 67 million.² **5.9 million** California adults have arthritis (1 in 5 adults—Figure 1).³ Arthritis is more common among **women** and in those **65+ years** of age.³ About one in four adult women and one in six adult men have arthritis (Figure 2).³

Figure 2. California adults diagnosed with arthritis, by sex



Source: BRFSS, California 2013.

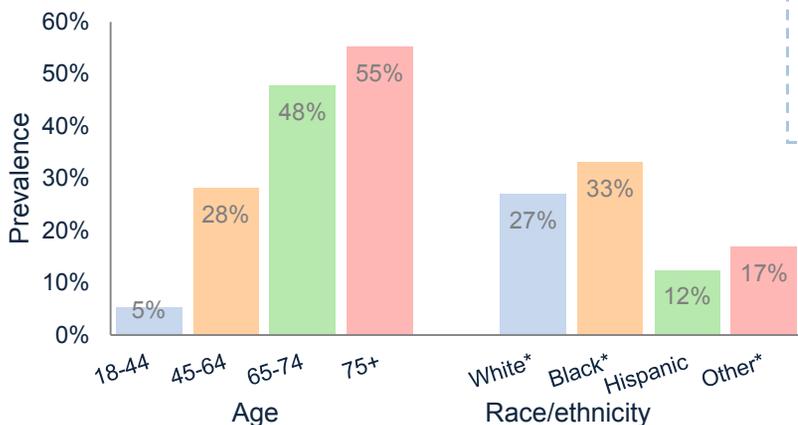
Arthritis occurs in people of all races and ethnic backgrounds; however, it is most common among **Blacks** and **Whites** (Figure 3).³

Arthritis costs California \$11.5 billion per year.

Impact of Arthritis

Arthritis affects the quality of life of many Americans and is the **most common cause of disability**.¹ One in three working age adults (18—64 years) with arthritis are limited in the amount or type of work they do—or whether they can work at all—because of their arthritis.⁵ Medical care costs and lost earnings due to arthritis cost the nation **\$121 billion** each year. In California, the cost is **\$11.5 billion** per year.⁴

Figure 3. Arthritis prevalence among California adults, by age and race/ethnicity



Source: BRFSS, California 2013.

Arthritis is common among people with **chronic health conditions** such as diabetes, heart disease, high blood pressure, high cholesterol or obesity. For example, fifty-two percent of adults with heart disease also have arthritis (Figure 4).³

How to Stay Healthy with Arthritis

You can take charge of your health and lead an active life if you have arthritis! Regular, moderate **physical activity is safe**, and will help you move easier with less pain. Swimming, biking, and walking can be great activities for people with arthritis. Attending a **self-management education** workshop will help you learn techniques to reduce pain and limitations and stay active in valued life activities. You will learn how to talk to your doctor and take good care of your body and mind.

Workshops and Classes

Free or low-cost classes designed to help you manage your arthritis are available throughout California.

- ◆ 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
- ◆ EnhanceFitness
- ◆ The Arthritis Toolkit

To find a class near you, check out the **California Healthier Living** website:

<http://www.cahealthierliving.org>

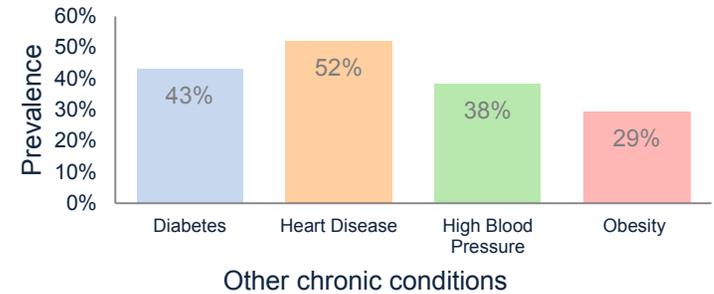
Please note: these programs may not be available in every community.



“I found this program to be very beneficial to me. In fact, it allowed me to recruit my mom to be my partner in walking and enabled her to meet her goal for physical activity for the week as well. We have found a really nice park that we will continue to walk in, even after this program.”

— Walk With Ease participant

Figure 4. Arthritis prevalence among California adults with other chronic conditions



Source: BRFSS, California 2013.

More information

California Arthritis Partnership Program:

<http://www.cdph.ca.gov/programs/CAPP>

Arthritis Foundation: <http://www.arthritis.org>

Centers for Disease Control and Prevention:

<http://www.cdc.gov/arthritis/>

References

¹Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation—United States, 2010-2012, *MMWR*, November 8, 2013, 62(44);869-873.

²Hootman, JM and Helmick, CG. Projections of U.S. Prevalence of Arthritis and Associated Activity Limitations. *Arthritis Rheum* 2006;54:226-9.

³Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2013.

⁴Centers for Disease Control and Prevention, Chronic Disease Cost Calculator, Version 2, November 2012. Available online at: <http://www.cdc.gov/chronicdisease/resources/calculator/index.htm>. Accessed April 7, 2015.

⁵Theis, K., et al. Prevalence and Correlates of Arthritis-Attributable Work Limitations in the US Population among Persons 18-64: 2001 National Health Interview Survey Data. *Arthritis Rheum*. 2007, April 15; 57(3): 355-363.