

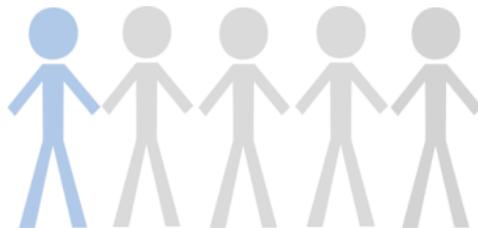
What You Need To Know About Arthritis

Arthritis is the most common cause of disability in the US.

Arthritis affects more than 52 million American adults and about six million Californian adults.



**One in five adults
in California have
arthritis**



Arthritis is debilitating. Of Californian adults (18—64 years) with arthritis, one in three have work limitations due to arthritis.

Early diagnosis and appropriate management of arthritis can help Californians with arthritis decrease pain, improve physical function, and stay active. Arthritis is common among Californian adults who have other chronic health conditions, such as diabetes, heart disease, high blood pressure, high cholesterol, or obesity. People with arthritis can benefit from learning skills to lead a healthy lifestyle, including physical activity and self-management strategies.

Data source: Behavioral Risk Factor Surveillance System, 2013.

About the California Arthritis Partnership Program

The California Arthritis Partnership Program (CAPP) improves the quality of life of Californians affected by arthritis by raising awareness of the **importance of physical activity and self-management education**, and increasing access to **classes and workshops proven effective for people with arthritis**. Information, resources and fact sheets on arthritis are available online.

- ◆ CAPP website: <http://www.cdph.ca.gov/arthritis>
- ◆ CDC website: <http://www.cdc.gov/arthritis>
- ◆ Arthritis Foundation website: <http://www.arthritis.org>

For information on free or low cost classes and workshops:

- ◆ <http://www.cahealthierliving.org>



Photo courtesy of CDC

The California Arthritis Partnership Program (CAPP) is a program of the California Department of Public Health.

Many people with arthritis are staying active and productive—so can you!