

Arthritis

Key Findings

According to the Allen County survey data, 29% of Allen County adults were diagnosed with arthritis. According to the 2007 BRFSS, 32% of Ohio adults and 28% of U.S. adults were told they have arthritis.

Arthritis

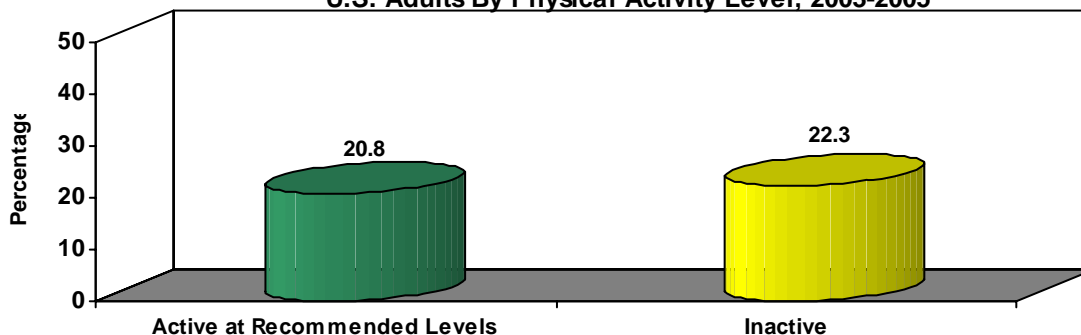
- ◆ Just over one-quarter (29%) of Allen County adults were told by a health professional that they had some form of arthritis. According to the 2007 BRFSS, 32% of Ohio adults and 28% of U.S. adults were told they have arthritis.
- ◆ In 2006, arthritis/rheumatism was the leading cause of disability among U.S. adults accounting for 9,500 deaths, 750,000 hospitalizations and 36 million ambulatory care visits (Source: CDC Arthritis at a Glance 2007).
- ◆ Adults are at higher risk of developing arthritis if they have any of the following characteristics: female, Caucasian, 65 years of age or older, have less than 8 years of education, overweight, and live an inactive lifestyle (Source CDC).

What Can Be Done to Target Arthritis?

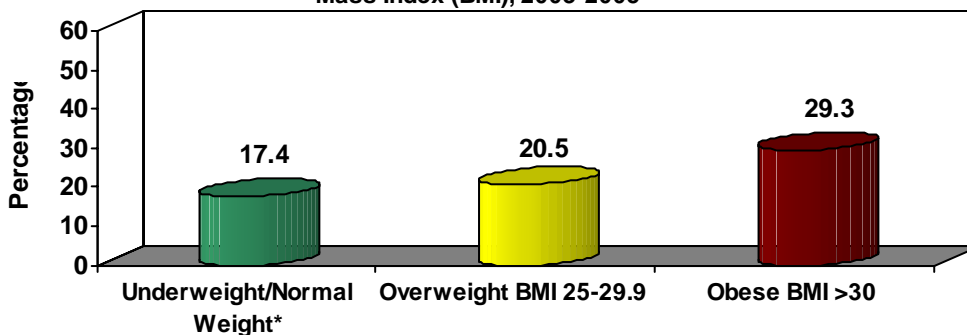
- ◆ Physical activity can have significant benefits for people with arthritis. The benefits include improvements in physical function, mental health, quality of life, and reductions in pain.
- ◆ Weight management and injury prevention are two ways to lower a person's risk for developing osteoarthritis.
- ◆ Early diagnosis and proper management can decrease or avoid the amount of pain that a person may experience or disability that accompanies arthritis.

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Arthritis at a Glance 2008)

Age-Adjusted Prevalence of Arthritis or Chronic Joint Symptoms Among U.S. Adults By Physical Activity Level, 2003-2005



Age-Adjusted Prevalence of Doctor-Diagnosed Arthritis Among U.S. Adults By Body Mass Index (BMI), 2003-2005



*Underweight is defined as a BMI of less than 18.5. Normal weight is defined as a BMI of 18.5-24.9.

(Source for graphs: CDC, MMWR Weekly, Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation – U.S. 2003-2005)