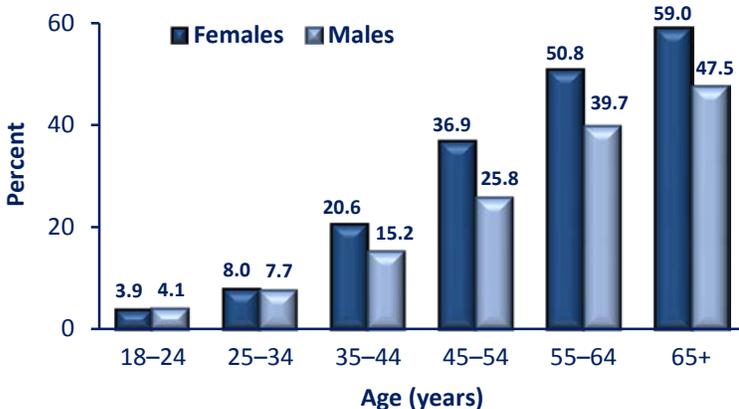




ARTHRITIS is inflammation of one or more joints. The primary symptoms associated with arthritis are joint pain and stiffness. Arthritis is the leading cause of disability in the United States, and can significantly impact productivity and quality of life.¹ For public health purposes, arthritis includes all of the diseases and conditions that affect joints and the tissues in and around the joints. Overall, the burden of arthritis in the United States is considerable and accounts for an estimated \$128 billion in direct and indirect costs annually.²

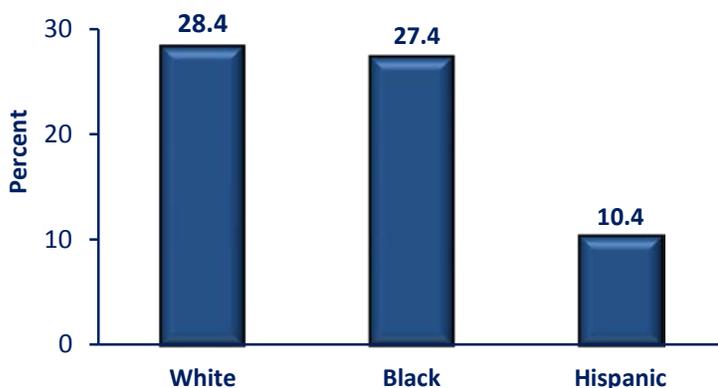
Figure 1. Prevalence of arthritis by age and sex, Indiana, 2011^{3*}



Indiana Prevalence (2011)^{3**}

- 27.5% of Indiana adults reported having some form of arthritis.
- Arthritis prevalence increased with age and was reported more commonly among females [Fig 1].
- Prevalence of arthritis was comparable between whites and blacks, but lower among Hispanics [Fig 2].

Figure 2. Prevalence of arthritis by race and ethnicity, Indiana, 2011^{3**}



Osteoarthritis (OA):

- Most common form of arthritis.
- Results from the erosion of joint cartilage and underlying bones.
- Most often caused by long-term wear and tear, a specific injury, or an illness.

Rheumatoid arthritis (RA):

- Occurs when the body's immune system attacks joints and causes inflammation.
- Can affect anyone and at any age, but is most common among women and older individuals.
- May lead to joint deformity and disability.

Risk factors for arthritis

- **Age**—The risk of developing most types of arthritis increases with age [Fig 1].⁴
- **Sex**—In 2011, more female Indiana residents (31.6%) reported having arthritis than male residents (23.0%).³
 - Additionally, several arthritis-related conditions, including fibromyalgia, lupus and osteoporosis, occur more commonly among females.
 - Gout is more common among males.
- **Genetics**—Specific genes are associated with certain types of arthritis, including RA, lupus, and ankylosing spondylitis.⁵
- Being **overweight** or **obese**—Knees, hips and the spine are particularly at risk to stress caused by excess body weight.⁶
- Previous joint **injury**.⁶
- **Occupation**—Jobs with activities that apply repetitive stress on joints.⁷
- Certain types of **infections**, including gonorrhea, Lyme disease, *Staphylococcus aureus*, and tuberculosis.^{8,9}
- Certain **medical conditions**, including conditions mentioned above, inflammatory bowel disease, psoriasis and sickle cell anemia.^{8,9}
- Certain **medicines**, including corticosteroids and other drugs that suppress the immune system.^{8,9}

*Arthritis prevalence is defined as having arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia.

**Prevalence figures are for adults 18 years and older.



Effects of arthritis on Indiana adults' activity levels (2011)^{3†}

- ❑ 50.5% of adults (one out of two) with arthritis reported activity limitations (disability) compared to only 14.5% of those without arthritis.
- ❑ Of those with arthritis:
 - 21.1% reported that it greatly interfered with their normal social activities.
 - 37.0% reported that it affected their work.
 - 20.2% needed to use special equipment (e.g., cane, wheelchair).

Arthritis-related hospitalizations (2010)¹⁰

- ❑ Over 41,000 Indiana residents received inpatient treatment listing arthritis as one of the three primary reasons for needing care.
- ❑ These stays accounted for almost \$1.6 billion in medical charges.
- ❑ The most common procedures include joint replacement or revisions for knees, hips, shoulders, and elbows and spinal fusions or other spinal procedures.

TAKE ACTION: Steps you can take to prevent or manage arthritis

- ❑ Manage your arthritis with guidance from your health care provider
- ❑ Learn arthritis management strategies
 - Learning techniques to reduce pain and physical limitations can be beneficial.
- ❑ **Be active**
 - Research has shown that physical activity decreases pain, improves function, and delays disability.
- ❑ Maintain a **healthy weight**
- ❑ Eat a **healthy diet**
 - Talk to your health care provider about foods that may help protect your joints and prevent flare-ups.
- ❑ **Be tobacco free** and limit alcohol consumption
 - Both weaken the structure of bones, which increases risk for fractures and joint damage.
- ❑ Protect your joints
 - Avoid positions or movements that apply excess stress to your joints.
 - Use larger, stronger joints to bear weight or carry items.

Community resources

- ❑ **Living a Healthy Life**: a 6-week workshop for people with chronic illnesses, which empowers them to manage their disease, control symptoms, and learn how health problems affect their lives.
- ❑ **Restart Living**: a 6-week self-management program for people with chronic illnesses, including arthritis, with workshops available in person or through the Internet.
- ❑ **INShape Indiana**: a resource that motivates, educates, and connects Hoosiers to services that help them eat better, move more, and avoid tobacco.
- ❑ **Indiana Tobacco Quitline**: a free phone-based counseling service to help Indiana smokers quit. For support call 800-QUIT-NOW (800-784-8669).

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