

An estimated 1.4 million adults in Indiana have Arthritis.

White adults are more likely to have arthritis than black adults.

The prevalence of arthritis increases with age.

Adults with lower household incomes and education levels are more likely to have arthritis.



Indiana State
Department of Health

Arthritis in Indiana

THE BURDEN OF ARTHRITIS IN INDIANA

- ◆ 29.3% of adults, or about 1.4 million, in Indiana have arthritis.
- ◆ The prevalence of arthritis increases with age and is more common among females.
- ◆ Arthritis is the most common cause of disability in the United States (CDC).
- ◆ In 2003, the total cost attributed to arthritis and other rheumatoid conditions in the United States was \$128 billion (CDC).

SOME ADULTS ARE MORE LIKELY TO HAVE ARTHRITIS

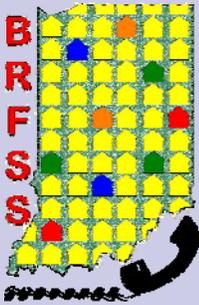
- Sex** Females (33.9%) were more likely than males (24.4%) to have arthritis.
- Age** Adults ages 65+ (58.5%) were more likely to have arthritis compared with adults age 18-64 (23.3%).
- Race** White, non-Hispanic adults (30.7%) were more likely to have arthritis compared with black, non-Hispanic adults (22.5%) and Hispanic adults (13.1%).
- Income** Adults with household incomes of more than \$75,000 (22.2%) were less likely to have arthritis compared to adults with household income of less than \$50,000 (34.6%).

BODY MASS INDEX AND ARTHRITIS

Adults who are not overweight or obese were less likely to report arthritis (22.3%) than adults who are overweight (29.5%) or obese (37.1%).

Activity limitations due to arthritis or joint symptoms were more likely to affect adults who were considered obese based on body mass index (54.1%) than those who were not overweight or obese (40.2%) or overweight (40.4%).

Adults who were considered obese were more likely to report that arthritis or joint symptoms affected whether they work (35.3%) than those who were not overweight or obese (25.4%) or overweight (27.5%). Similarly, adults considered obese were more likely to report that their normal social activities were limited due to joint symptoms (21.7%) than those who were not overweight or obese (12.2%) or overweight (12.6%).



Adult with less than a high school education were more likely to have work limitations due to arthritis.

Black adults were more likely to report that arthritis interfered with normal social activities.

7.2% of adults reported no arthritis or joint pain in the past month while 26.1% reported severe pain.

Arthritis in Indiana

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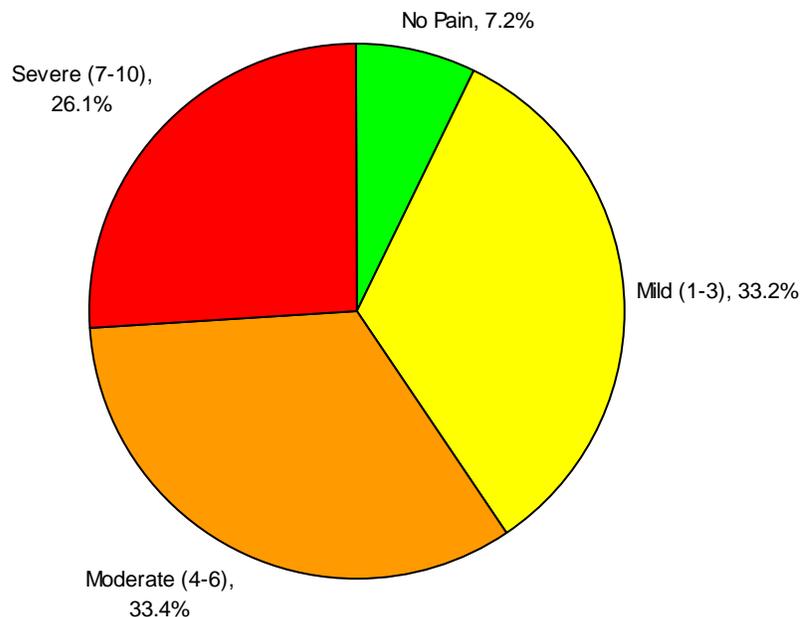
LIMITATIONS/PAIN FROM ARTHRITIS

When asked if arthritis or joint symptoms caused work limitations (e.g., the type or amount of work done, whether or not to work), adults with less than a high school education were more likely to report being affected (52.9%) than those with a high school or higher education (27.4%). Black, non-Hispanic adults (43.0%) were more likely to report that arthritis caused work limitations than white, non-Hispanic adults (28.3%).

Black adults (29.2%) were more likely to report that arthritis or joint symptoms interfered a lot with normal social activities (e.g., shopping, going to movies, religious or social gatherings) in the past month than white adults (14.3%).

In the past 30 days, 7.2% of adults reported they did not have any joint pain or aching, while 26.1% reported severe pain on average (see graph below). The amount of pain or aching reported was regardless of medication use for the symptoms.

Average Severity of Joint Pain/Aching in Past Month (Scale of 0-10)
Indiana 2009



For additional information on arthritis, visit the Indiana State Department of Health at <http://www.in.gov/isdh/20668.htm>

Data provided from the 2009 Indiana Behavioral Risk Factor Surveillance System.



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