

Arthritis Prevalence: A Nation in Pain

Arthritis is a term used to describe more than 100 different conditions that affect joints, as well as other parts of the body. Arthritis is one of the most prevalent chronic health problems and the nation's leading cause of disability.

[CDC. Prevalence of disabilities and associated health conditions among adults – United States, 1999. *MMWR* 2001; 50: 120 – 5].

An estimated 46 million adults in the United States reported being told by a doctor that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

[*MMWR* 2006;55(40):1089-1092. [Data Source: 2003–2005 NHIS]

One in five (21%) adults in the United States report having doctor diagnosed arthritis.

[*MMWR* 2006;55(40):1089-1092. [Data Source: 2003–2005 NHIS]

By 2030, an estimated 67 million of Americans aged 18 years or older will have doctor-diagnosed arthritis.

[Hootman JM, Helmick CG. Projections of US prevalence of arthritis and associated activity limitations. *Arthritis & Rheumatism* 2006;54(1):226-229 [Data Source: 2003 NHIS]

Arthritis costs the U.S. economy \$128 billion annually.

[CDC (2007) Update: National and State Medical Expenditures and Lost Earnings Attributable to Arthritis and Other Rheumatic Conditions --- United States, 2003. *MMWR Morb Mortal Wkly Rep*, 56(01): 4-7]

Arthritis is the second most frequently reported chronic condition in the United States.

[Benson, V. & Marano, M. (1998). Current Estimates from the National Health Interview Survey, 1995. *Vital & Health Statistics* 10, 199, 1-428].

Nearly 80 percent of adults either have or know someone with arthritis.

[Arthritis Foundation Awareness Study, 2001].

In 2002, 51% of adults 75 years and over reported an arthritis diagnosis.

[2004 ;10(222). [Data Source: 2002 NHIS] (PDF-7MB)]

Arthritis prevalence increases with age, among adults over age 65, the prevalence of arthritis is 48 percent.

[Bolen J, Sniezek J, Theis K, Helmick C, Hootman J, Brady T, Langmaid G. Racial/Ethnic Differences in the Prevalence and Impact of Doctor-Diagnosed Arthritis --- United States, 2002. *MMWR* 2005;54:119-123].

Arthritis affects more than 34 million Caucasians, more than 4.5 million African Americans and nearly 2.6 million Hispanics

[Bolen J, Sniezek J, Theis K, Helmick C, Hootman J, Brady T, Langmaid G. Racial/Ethnic Differences in the Prevalence and Impact of Doctor-Diagnosed Arthritis --- United States, 2002. *MMWR* 2005;54:119-123].

The prevalence of arthritis is higher among women (25.9%) than men (16.8%).

[*MMWR* 2005;54(5):119–123. [Data Source: 2002 NHIS]]

If prevalence rates remain stable, the number of affected persons ages 65 years and older will nearly double to 41.1 million by 2030.

[CDC (2003). Public health and aging: projected prevalence of self-reported arthritis or chronic joint symptoms among persons aged >65 years--United States, 2005-2030. *MMWR*, 52, 489-491].

Arthritis annually results in:

- **39 million physician visits**
- **744,000 hospitalizations**
- **3 million visits to outpatient departments**
- **2.2 million visits to emergency departments**

[CDC (1999). Impact of arthritis and other rheumatic conditions on the health-care system--United States, 1997. *MMWR Morb Mortal Wkly Rep*, 48, 349-353].

Arthritis is a more frequent cause of activity limitation than heart disease, cancer or diabetes

[American Academy of Orthopaedic Surgeons (1999). *Musculoskeletal Conditions in the United States*, Rosemont, IL: AAOS].

Arthritis is the third leading cause of work limitation in the United States

[Stoddard S, Jans L, Ripple JM, Krause L. Chartbook on work and disability in the United States, 1998. Washington, DC: US National Institute on Disability and Rehabilitation Research].

Nearly 300,000 children under the age of 17 are affected by juvenile arthritis

[Newacheck, P.W. & Taylor, W.R. (1992). Childhood chronic illness: prevalence, severity, and impact. *Am J Public Health JID* - 1254074, 82, 364-371].

Juvenile rheumatoid arthritis affects up to 50,000 children

[Lawrence, R. C., Helmick, C. G., Arnett, F. C., Deyo, R. A., Felson, David T., Giannini, E. H., Heyse, S. P., Hirsch, R., Hochberg, Marc C., Hunder, G. G., Liang, M. H., Pillemer, S. R., Steen, V. D., and Wolfe, F. Estimates of the Prevalence of Arthritis and Selected Musculoskeletal Disorders in the United States. *Arthritis & Rheumatism* 41(5), 778-799. 1998].

Prevalence of Other Forms of Arthritis and Related Diseases:

- **Osteoarthritis (OA)**, a degenerative joint disease characterized by the breakdown of joint cartilage, is the most common form of arthritis, affecting nearly 21 million Americans, most over the age of 45.
- In the United States, nearly 2.1 million people have **rheumatoid arthritis (RA)**, a systemic disease that affects the entire body and is characterized by the inflammation of the membrane lining the joint, which causes pain, stiffness, warmth, redness and swelling. There are 2.5 times as many women as men with RA.
- **Lupus** is a chronic inflammatory disease that can affect various parts of the body, especially the skin, joints, blood, and kidneys. It affects at least 239,000 Americans and affects women eight to 10 times more than men.
- An estimated 2.1 million Americans have **gout**. Gout causes sudden, severe attacks of pain and tenderness, redness, warmth, and swelling in some joints. Gout usually affects one joint at a time -- often the big toe. It affects men more than women (1.56 million men, 500,000 women).
- **Fibromyalgia**, an arthritis-related condition that is characterized by generalized muscular pain and fatigue affects approximately 3.7 million people, and it occurs more commonly in women than in men.

[Lawrence, R. C., Helmick, C. G., Arnett, F. C., Deyo, R. A., Felson, David T., Giannini, E. H., Heyse, S. P., Hirsch, R., Hochberg, Marc C., Hunder, G. G., Liang, M. H., Pillemer, S. R., Steen, V. D., and Wolfe, F. Estimates of the Prevalence of Arthritis and Selected Musculoskeletal Disorders in the United States. *Arthritis & Rheumatism* 41(5), 778-799. 1998].

How does the Arthritis Foundation Help?

The Arthritis Foundation supports research, health education and government advocacy efforts to improve the lives of the 46 million Americans with arthritis, the nation's leading cause of disability.

These services include:

- Number one ranked comprehensive arthritis Web site, www.arthritis.org
- Toll free information phone line: 1-800-568-4045
- Nearly 100 consumer educational brochures, booklets and books
- *Arthritis Today*, the Arthritis Foundation's bi-monthly consumer magazine reaching over 4 million readers per issue
- Water and land-based exercise classes, self-help courses and support groups
- Local chapter offices nationwide
- Physician referral lists
- Extensive funding of arthritis research grants at institutions nationwide
- Federal and state advocacy efforts to ensure rights and access to care for all people with arthritis

For a free brochures about arthritis or to locate the nearest Arthritis Foundation chapter, call the Arthritis Foundation toll-free at 1-800-568-4045 or visit its Web site at www.arthritis.org. Or, write to: Arthritis Foundation, P. O. Box 7669, Atlanta, Ga. 30357-0669.

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis.

The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

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