



Washington: Why Arthritis Matters

Arthritis affects **24.6%** of the population in Washington. That's **1,346,000** adults living with doctor-diagnosed arthritis in the state.

- There are over **54 Million** American adults with doctor diagnosed arthritis in the U.S.
- 1 in 3** veterans has arthritis, which accounts for **17.6%** of the people in Washington living with arthritis
- There are approximately **300,000 kids** with arthritis in the U.S. but only about **390 pediatric rheumatologists**. That's about 700 kids for each doctor.

Over 24 million Americans experience activity limitations due to their arthritis.

- 717,000** adults in Washington have activity limitations caused by arthritis
- Among all adults in Washington with arthritis, **39.5%** have work limitations
- Arthritis in the U.S. has an economic burden of **\$304 billion** – made up of medical expenses and lost wages

Adults with arthritis often have one or more chronic conditions.

- Mental Health:** Anxiety and depression affect **1/3** of U.S. adults with arthritis 45 years of age or older
- Diabetes:** **45.5%** of adults in WA with diabetes also have arthritis
- Heart Disease:** **54.4%** of adults in WA with heart disease also have arthritis
- Obesity:** **32.9%** of adults in WA who are obese also have arthritis

You can make a difference by advocating for state and federal legislation that will help people with arthritis in Washington. Legislative priorities for 2019 include:

- Step Therapy:** Legislation that addresses burdensome use of step therapy, or “fail first”, which can restrict access to needed therapies
- Out-of-Pocket Cost Limits:** Legislation that tackles high out-of-pocket costs for specialty medications

Contact your local Arthritis Foundation [State Director of Advocacy & Access](#) to learn more.

Visit arthritis.org/advocate/our-policy-priorities to learn about our priorities.

Capital: Olympia
Founded: 1889
State Flower: Coast Rhododendron

