



Maine: Why Arthritis Matters

Arthritis affects **33.8%** of the population in Maine. That's **332,000** 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 **17.5%** of the people in Maine 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.

- 161,000** adults in Maine have activity limitations caused by arthritis
- Among all adults in Maine with arthritis, **42.1%** 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:** **58.7%** of adults in ME with diabetes also have arthritis
- Heart Disease:** **59.8%** of adults in ME with heart disease also have arthritis
- Obesity:** **42.1%** of adults in ME 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 Maine. 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
- Biosimilars:** Ensure patients and providers are notified when an interchangeable biosimilar substitution is made

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: Augusta
Founded: 1820
State Animal: Moose

