

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 one of the nation's most common causes 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 are projected to have doctor-diagnosed arthritis.

[*Arthritis & Rheumatism* 2006;54(1):226-229 [Data Source: 2003 NHIS]

Two-thirds of the people that have doctor-diagnosed arthritis are under the age of 65.

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

In 2003, arthritis and rheumatic conditions cost the U.S. economy \$128 billion.

[*MMWR* 2007;56(01):4-7. [Data Source: 2003 Medical Expenditure Panel Survey]

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].

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

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

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

[Arthritis Foundation Awareness Study, 2001].

Arthritis prevalence increases with age. Among adults over age 65, the prevalence of arthritis is 50 percent.

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

Arthritis affects more than 34 million Caucasians, more than 4.6 million African-Americans and nearly 3.1 million Hispanics

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

The prevalence of arthritis is higher among women (28.3%) than men (18.2%).

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

- **36 million ambulatory care visits**
- **744,000 hospitalizations**
- **9,367 deaths**
- **19 million people with activity limitations**

[Helmick, C., Felson, D., Lawrence, R., Gabriel, S., et al. Estimates of the Prevalence of Arthritis and Other Rheumatic conditions in the United States. *Arthritis & Rheumatism* 58(1), 15-25. 2008].

Arthritis causes work limitations in the United States for 40% of people with arthritis.

[Helmick, C., Felson, D., Lawrence, R., Gabriel, S., et al. Estimates of the Prevalence of Arthritis and Other Rheumatic conditions in the United States. *Arthritis & Rheumatism* 58(1), 15-25. 2008]

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]

59 million people report having low back pain.

[Helmick, C., Felson, D., Lawrence, R., Gabriel, S., et al. Estimates of the Prevalence of Arthritis and Other Rheumatic conditions in the United States. *Arthritis & Rheumatism* 58(1), 15-25. 2008]

30 million people report having neck pain.

[Helmick, C., Felson, D., Lawrence, R., Gabriel, S., et al. Estimates of the Prevalence of Arthritis and Other Rheumatic conditions in the United States. *Arthritis & Rheumatism* 58(1), 15-25. 2008]

Nearly 294,000 children under the age of 18 are affected by juvenile arthritis.

[Helmick, C., Felson, D., Lawrence, R., Gabriel, S., et al. Estimates of the Prevalence of Arthritis and Other Rheumatic conditions in the United States. *Arthritis & Rheumatism* 58(1), 15-25. 2008]

Arthritis affects more than half of adults with diabetes and heart disease.

[CDC, Targeting Arthritis at a Glance. January 2007].

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 27 million Americans, most over the age of 45.
- In the United States, nearly 1.3 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 3 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. Gout affects men more than women.
[*Amer J Kidney Dis* 2002;40(1):37-42. [Data Source: 1988-1994 NHANES]
- **Fibromyalgia**, an arthritis-related condition that is characterized by generalized muscular pain and fatigue affects approximately 5 million people, and it occurs more commonly in women than in men.

[Helmick, C., Felson, D., Lawrence, R., Gabriel, S., et al. Estimates of the Prevalence of Arthritis and Other Rheumatic conditions in the United States. *Arthritis & Rheumatism* 58(1), 15-25. 2008]

How does the Arthritis Foundation help?

The Arthritis Foundation supports research, health education and government advocacy efforts to improve the lives of the nearly 46 million Americans with arthritis, the nation's most common cause of disability. These services include:

- Number-one ranked comprehensive arthritis website, www.arthritis.org
- Toll-free information phone line: 1-800-283-7800
- Nearly 100 consumer educational brochures, booklets and books
- *Arthritis Today*, the Arthritis Foundation's bi-monthly consumer magazine reaching 3.8 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 free brochures about arthritis or to locate the nearest Arthritis Foundation chapter, call the Arthritis Foundation toll-free at 1-800-283-7800 or visit its website 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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