

BRFSS Fact Sheet

Arthritis



Tennessee
Department of Health

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Arthritis is highly prevalent among U.S. adults and is the leading cause of disability.¹ As the population ages, arthritis is expected to affect an estimated 67 million adults (25% of the adult population) by the year 2030.² This estimate may be conservative as it does not account for current trends in obesity which may contribute to future cases of osteoarthritis.² Early diagnosis and appropriate management of arthritis can help decrease pain and improve function and quality of life. Management may include maintaining a healthy weight, physical activity, medications and surgery.² Appropriate management is important for increasing the quality and years of healthy life among all Tennesseans with arthritis.

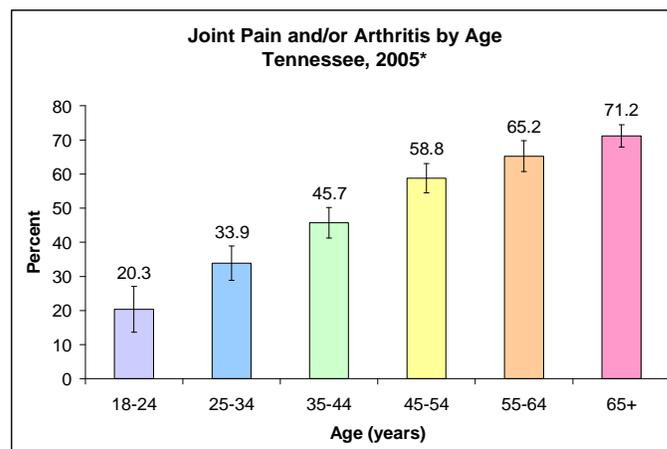
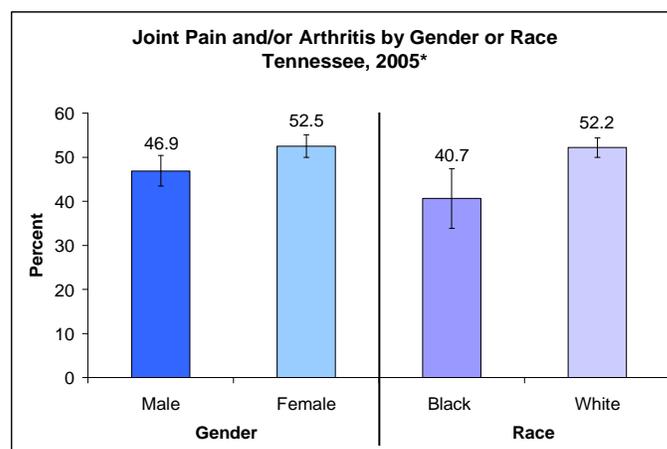
- In 2005, 45.2% (± 2.1)* of Tennessee adults reported symptoms of pain, aching or stiffness in or around a joint during the past 30 days. 29.7% (± 1.7) reported having been diagnosed with some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia, compared to 27.0% for the United States.³
- 75.5% (± 2.4) of persons with joint pain in the past 30 days reported that their symptoms began more than 3 months ago, and 75.5% (± 2.9) reported that they had seen a health care provider about their symptoms.

- The prevalence of joint pain and/or arthritis was slightly higher among females (52.5%) than among males (46.9%).

- The prevalence of joint pain and/or arthritis was higher among whites (52.2%) than among blacks (40.7%).

- The percentage of persons with joint pain and/or arthritis increased with increasing age. Approximately three-quarters of adults aged 65 years and older reported they had joint pain and/or arthritis.

- The prevalence of joint pain and/or arthritis was highest among those with less than a high school education (66.0%).



References:

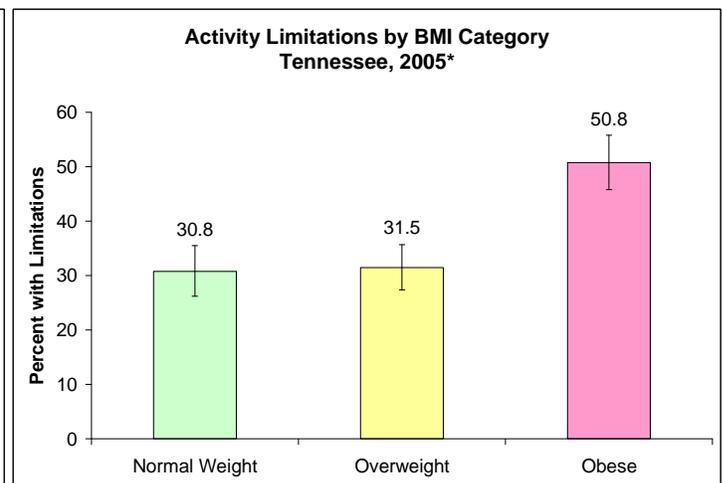
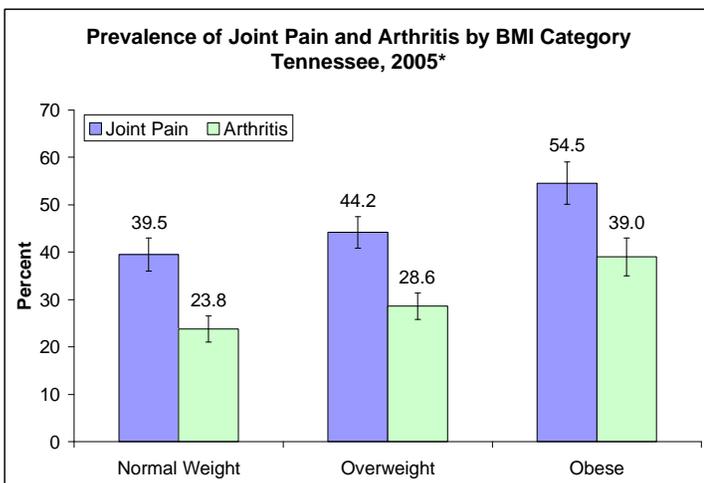
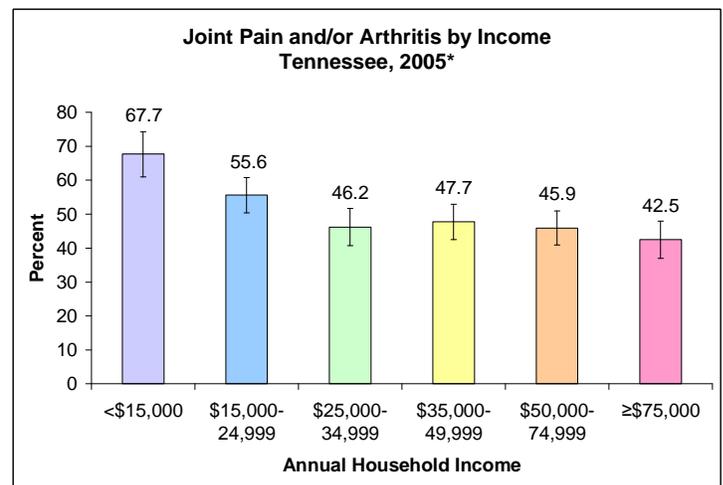
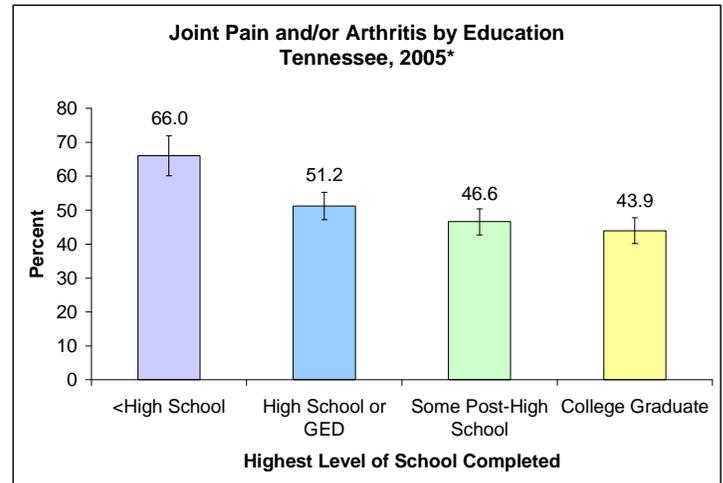
1. CDC. Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation – U.S., 2003-2005. *MMWR* 2006; 55(40).
2. Centers for Disease Control and Prevention (www.cdc.gov/arthritis)
3. Centers for Disease Control and Prevention (www.cdc.gov/brfss)

Prepared by the Tennessee Department of Health; Office of Policy, Planning and Assessment; Surveillance, Epidemiology and Evaluation section based on 2005 TN Behavioral Risk Factor Surveillance System data.

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- Adults with an annual household income of less than \$15,000 had the highest prevalence of joint pain and/or arthritis (67.7%). There were only small variations in the percentage of persons with these conditions among those with an annual income of \$25,000 or more.
- The prevalence of joint pain and of arthritis increased with increasing BMI. Adults with normal weight had the lowest prevalence (39.5% and 23.8%, respectively) and those who were obese had the highest (54.5% and 39.0%).
- 37.8% of adults with arthritis and/or joint pain reported limitations in their usual activities. Activity limitations were more common among obese persons (50.8%) than among those who were normal weight or overweight (30.8% and 31.5%, respectively).
- Physical activity can decrease pain, improve function and delay disability in persons with arthritis.² 55.7% (± 3.1) of adults with arthritis reported engaging in physical activity or exercise in the past 30 days, compared to 72.0% (± 2.5) of those without arthritis.
- 31.0% (± 2.3) of adults with joint pain and/or arthritis reported being in fair or poor health, compared to just 8.1% (± 1.6) of those without these conditions.



*The number above each column indicates the percent value for that column. Error bars represent 95% confidence intervals, as do ranges for percentages given in the text.