

## The Heavy Burden of Arthritis in the U.S.

Arthritis is a complex family of musculoskeletal disorders with many causes, not yet fully understood, and so far there are no cures. It consists of more than 100 different diseases or conditions that destroy joints, bones, muscles, cartilage and other connective tissues, hampering or halting physical movement.

The disease strikes 50 million adults (1 in 5) and 300,000 children and is the nation's leading cause of disability. Through increased education, outreach, research, advocacy and other vital programs and services, the Arthritis Foundation is leading the way to conquer the unacceptable pain, disability, scope and cost of arthritis on the nation.

### Extensive Scope

- Arthritis is the leading cause of disability in the United States.  
[MMWR 2010;59(39):1261-1265. [Data Source: 2007–2009 NHIS]
- Today arthritis strikes 50 million Americans – that's one in every five adults.  
[MMWR 2010;59(39):1261-1265. [Data Source: 2007–2009 NHIS] ; MMWR 2010;59(39):1261-1265. [Data Source: 2007–2009 NHIS]
- Within 20 years the numbers will soar. By 2030, an estimated 67 million Americans will have arthritis – unless the trend is reversed.  
[Arthritis & Rheumatism 2006;54(1):226-229 [Data Source: 2003 NHIS]
- Arthritis is not just a disease of old age. Two-thirds people with arthritis are under the age of 65, including 300,000 children.  
[MMWR 2006;55(40):1089-1092. [Data Source: 2003–2005 NHIS]
- 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].

### Disabling Pain and Limitations

- Arthritis causes work limitations in the United States for approximately 1 in 3 of people with arthritis.  
[MMWR 2005; 54(5):119-123. *Arthritis Rheum* 2007;57(3):355-363. [Data Source: NHIS 2002]
- 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]

### Enormous Cost

- Arthritis and rheumatic conditions cost the U.S. economy \$128 billion annually.
  - \$80.8 billion in direct costs (e.g., medical expenditures)
  - \$47.0 billion in indirect costs (e.g., lost earnings)  
MMWR 2010;59(39):1261-1265. [Data Source: 2007–2009 NHIS]
- Annually, arthritis results in:
  - 44 million outpatient visits
  - 992,100 hospitalizations
  - 9,367 deaths
  - 21 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] [CDC, Arthritis Meeting the Challenge at a Glance. January 2009] [MMWR 2010;59(39):1261-1265. [Data Source: 2007–2009 NHIS]

## Comorbidity

- Arthritis affects more than half of adults with diabetes or heart disease.  
[CDC, Targeting Arthritis at a Glance. January 2007]
- Obesity prevalence is 54 percent higher among adults with arthritis compared with adults without arthritis.  
[MMWR 2011;60(16); 509-513 [Data Source: 2003–2009 BRFSS]
- Arthritis is a potential barrier for adults with heart disease or diabetes attempting to manage their condition through physical activity.
  - 29 percent of people with heart disease and diabetes are physically inactive compared to 21 percent with heart disease alone.  
MMWR 2009; 58(07);165-169 [Data Source: 2007 NHIS]
  - 29.8% of adults with arthritis and diabetes were physically inactive, compared with 21 percent of people with diabetes alone.  
MMWR 2008; 57(18);486-489 [Data Source: 2005-2007 BRFSS]

## All Ages, Races, Genders

- Of the 50 million with arthritis, more than 34 million are Caucasians, more than 4.6 million are African-Americans and 3.1 million are Hispanics. MMWR 2006;55(40):1089-1092 [Data Source: 2003–2005 NHIS]  
Prev Chronic Dis 2010 May;7(3):A64 [Data Source: NHIS 2002, 2003, 2006]  
MMWR 2011; 60(06);167-171 [Data Source: NHIS 2002, 2003, 2006, 2009]
- 25.9 percent of women and 18.3 percent of men report doctor-diagnosed arthritis.  
[MMWR 2010;59(39)1261-1265. [Data Source: 2007-2009 NHIS]
- Approximately 300,000 children under the age of 18 are diagnosed with juvenile arthritis; this represents approximately 1 in every 250 children in the U.S.  
[Arthritis Care Res 2007;57:1439-1445 [Data Source: 2001-2004 National Ambulatory Medical Care Survey and 2001-2004 National Hospital Ambulatory Medical Care Survey]
- Arthritis prevalence increases with age. Approximately 50 percent of adults 65 years or older reported an arthritis diagnosis.  
[MMWR 2010;59(39):1261-1265. [Data Source: 2007–2009 NHIS]  
prevalence of self-reported arthritis or chronic joint symptoms among persons aged >65 years--United States, 2005-2030. MMWR, 52, 489-491]
- The number of affected persons ages 65 years and older is estimated to nearly double to 41 million by 2030.  
[CDC (2003). Public health and aging: projected]

## Common Forms

- **Osteoarthritis (OA)**, the most common form of arthritis, is a progressive degenerative joint disease characterized by the breakdown of joint cartilage associated with risk factors, such as overweight/obesity, history of joint injury and age. It affects nearly 27 million Americans, most over the age of 45.  
[Arthritis Rheum 2008;58(1):26-35. [Data Source: NHANES]
- **Rheumatoid arthritis (RA)**, a systemic disease characterized by the inflammation of the membrane lining the joint, which causes pain, stiffness, warmth, swelling and sometimes severe joint damage. It causes inflammation throughout the body, affecting the heart and other organs. In the United States, an estimated 1.5 million people have RA and there are 2.5 times as many women as men with the disease.  
[Arthritis Rheum 2010 Jun;62(6):1576-82. [Data Source: Patient Cohort, Minnesota]

- **Lupus** is a chronic inflammatory disease that can affect various parts of the body, especially the skin, joints, blood, and kidneys. It affects as many as 322,000 Americans and affects women eight to 10 times more than men.
- **Gout** occurs when a buildup of uric acid in the body causes crystal-like deposits to travel to the joints, causing sudden, severe attacks of pain and tenderness, redness, warmth and swelling in joints. It usually affects one joint at a time -- often the big toe. Gout prevalence is estimated to be 8.3 million (4%) Americans. Gout prevalence is higher in men (6%) compared to women (2%). Three million Americans had a gout attack in the last year.

Prevalence of Gout and Hyperuricemia in the US General Population." Yanyan Zhu, Bhavik J Pandya, Hyon K Choi." *Arthritis & Rheumatism*; Published Online: July 28, 2011. [Data source: National Health and Nutrition Examination Survey (NHANES) 2007-2008]  
 "Estimates of the prevalence of arthritis and other rheumatic conditions in the United States. Part II." Lawrence RC, Felson DT, Helmick CG, et al. *Arthritis Rheum* 2008;58(1):26-35. [Data Source: 1996 National Health Interview Survey (NHIS)]

- **Fibromyalgia**, an arthritis-related condition that is characterized by generalized muscular pain and fatigue, affects approximately five million people, and it occurs more commonly in women than in men .

[*Arthritis Rheum* 2008;58(1)26-35.]  
 [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 Foundation Leading the Effort**

The Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)) leads the way in helping people with arthritis live better today and create better tomorrows through new treatments, better access and, ultimately, cures. We do this by:

- Funding life-changing research that has restored mobility in patients for more than six decades
- Fighting for health care policies that improve the lives of the millions of Americans with arthritis
- Partnering with families to provide empowering programs and information

As the nation's largest private funder of research, public health programs and advocacy on behalf of the 50 million Americans with this painful and unacceptable disease, the Arthritis Foundation aims to reduce the number of people suffering from arthritis-related physical activity limitations by 20 percent by 2030.

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