

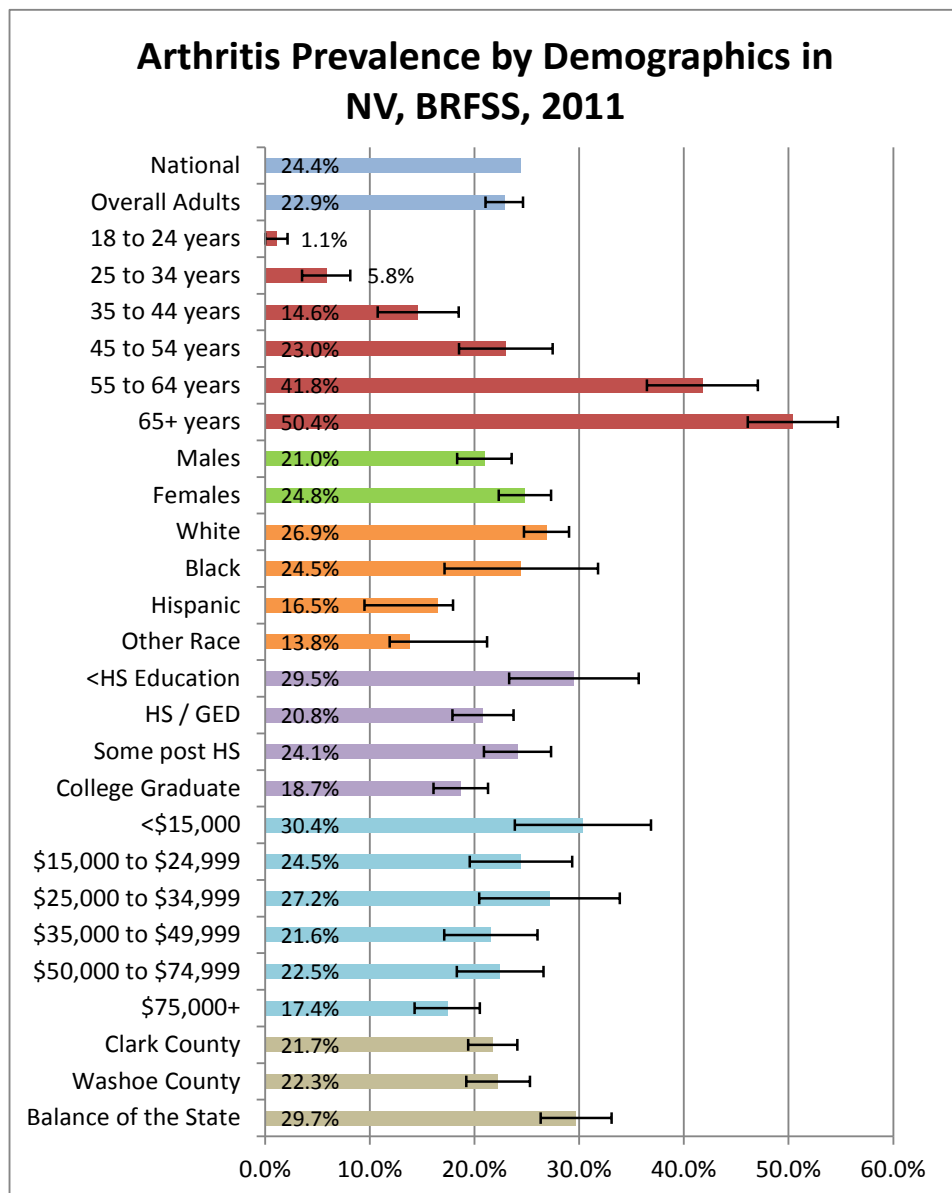
# Arthritis: Burden of Disease in Nevada

## Prevalence

- 23% of Nevadans were afflicted by arthritis.
- There was a slightly higher prevalence of arthritis among females (25%) compared to males (21%).
- The highest prevalence of arthritis was among Whites (27%) followed by Blacks (24%) and Hispanics (17%).
- There was a relationship between age and onset of arthritis, with the highest prevalence among ages 65+ (50%) followed by ages 55 to 64 years (42%) of age.
- The highest prevalence of arthritis was among individuals with less than a high school education (30%), and households with incomes of less than \$15,000 a year (20%).
- There was a higher prevalence of arthritis in the frontier and rural territories (30%), compared to the prominent metro areas of Clark County (22%) and Washoe County (22%).

Behavioral Risk Factor Surveillance System (BRFSS) question used to determine arthritis prevalence:

“Has a doctor, nurse, or other health professional ever told you that you have any form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia?” (BRFSS, 2011)



Note: National median percentage is the median percentage of all the states, including DC.

# Overview of Arthritis in Nevada and US

- In 2013 in Nevada, 20 percent of adults reported being told by a doctor they had arthritis. Half of the individuals with arthritis were limited in their usual activities because of the arthritis. One-third of the individuals with arthritis were limited in their work activities (BRFSS, 2013).
- In the United States, arthritis is the most common cause of disability. Doctor-diagnosed arthritis has been found in 52.5 million adults (just over 1 in 5 adults). An estimated 294,000 children under age 18 have some form of arthritis or rheumatic condition. This represents approximately 1 in every 250 children.
- The number of US adults reporting a disability is increasing. A new CDC study shows 47.5 million US adults (21.8 percent) reported a disability in 2005, an increase of 3.4 million from 1999. At 8.6 million, arthritis or rheumatism continues to be the most common cause of disability, while back or spine problems (7.6 million) and heart trouble (3.0 million) round out the top three causes.

The Centers for Disease Control and Prevention (CDC) Arthritis Program recommends evidence-based programs that are proven to improve the quality of life of people with arthritis. The following are programs currently being recommended:

## Self-management Education Programs

Self-management education programs help teach people with arthritis and other chronic conditions to manage arthritis on a day-to-day basis. The Arthritis Self-Management Program (ASMP) and Chronic Disease Self-Management Program (CDSMP) are available in English and Spanish.

## Physical Activity Programs

Scientific studies have shown that physical activity can reduce pain and improve function, mood, and quality of life for adults with arthritis. Physical activity can also help manage other chronic conditions common among adults with arthritis, such as diabetes, heart disease, and obesity, and can improve overall health and wellbeing.

## Health Communications Campaigns Promoting Physical Activity

Media campaigns to promote health messages are useful in reaching broad segments of the population. The CDC is promoting physical activity to relieve the pain and disability associated with arthritis.

Information from the Centers for Disease Control and Prevention Arthritis

Website: <http://www.cdc.gov/arthritis/index.htm>