Arthritis In Pennsylvania
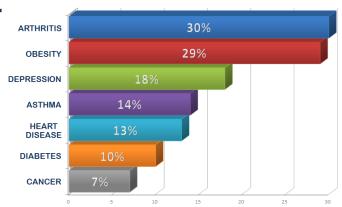
Fast Facts

pennsylvania
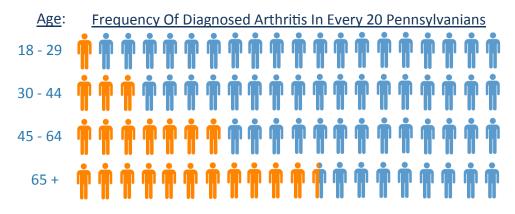DEPARTMENT OF HEALTH

www.health.pa.gov

Did You Know That...

- Arthritis is the leading cause of disability in Pennsylvania and affects over 3 million adults[1] - more than combined totals of Cancer, Diabetes, and Heart Disease.

- In Pennsylvania, Arthritis costs an estimated **$5.57 Billion** in medical expenses each year and an additional **$684 Million** due to absenteeism and lost productivity.[2]

- There are over 100 diagnosable types of arthritis which include Osteoarthritis, Rheumatoid Arthritis, Gout, and Lupus. There are also temporary types of arthritis that can be brought on by infections like influenza.[3]

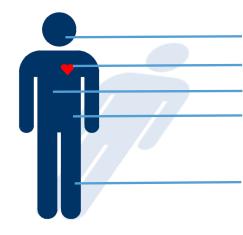| Condition	%
ARTHRITIS	30%
OBESITY	29%
DEPRESSION	18%
ASTHMA	14%
HEART DISEASE	13%
DIABETES	10%
CANCER	7%

[1].Data and table created from: 2013 Behavioral Health Risks of Pennsylvania Adults, 2015. Bureau of Health Statistics and Research, Pennsylvania Department of Health. Web. http://app2.health.state.pa.us/epiqms/Asp/ChooseDataset.asp.

Who Has Arthritis?[1]

Age: Frequency Of Diagnosed Arthritis In Every 20 Pennsylvanians

18 - 29

30 - 44

45 - 64

65 +

- Although it is considered to be an age-related condition, Arthritis can impact anyone regardless of age.

- In Pennsylvania, women have a higher frequency of arthritis (34%) compared to men (25%).

- 41% of Pennsylvania Veterans are diagnosed with arthritis - 11% higher than the state average.

Arthritis & Other Conditions[1]

- 43% of Pennsylvanians with asthma have diagnosed arthritis.

- 63% of Pennsylvanians with heart disease have diagnosed arthritis.

- 56% of Pennsylvanians with diabetes have diagnosed arthritis.

- 42% of Pennsylvanians who are obese have diagnosed arthritis.

- 100% of Pennsylvanians diagnosed with arthritis have a chronic disease that has <u>no cure</u>.

Arthritis Tips

- For every 1 pound of weight lost, 4 pounds of pressure is removed from the knees. By losing only 10 pounds you can relieve 40 pounds of pressure on your knees![3]

- Consult your rheumatologist to see if arthritis self-management classes might help manage your arthritis-related pain. Ask your doctor for a referral to a course near you or contact the Pennsylvania Department of Health.

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These data were provided by the Division of Health Informatics, Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations, or conclusions.