

## Rates of physical limitations from arthritis are higher among Black and Hispanic or Latino/a adults.

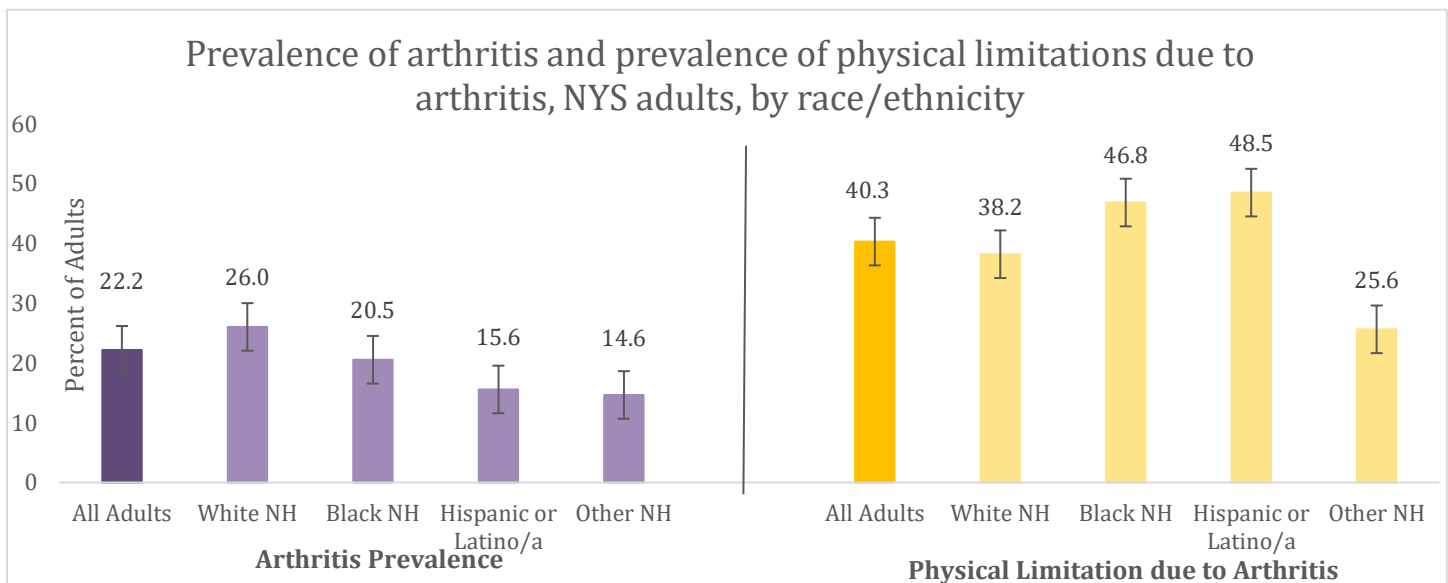


An estimated 3.4 million New York State (NYS) adults (22.2%) have been diagnosed with arthritis. Although the prevalence of arthritis is higher among non-Hispanic or Latino/a (NH) White adults compared to NH Black adults, NH Black adults (46.8%) and Hispanic or Latino/a adults (48.5%) are significantly more likely to experience activity limitations due to arthritis than NH White adults (38.2%). See Figure 1.

Arthritis experts agree that optimal arthritis pain management should be flexible and tailored to meet the needs of the patient. Non-medication options that encourage physical activity and self-management principles should be included.

Despite being less likely to be diagnosed with arthritis than NH White adults, NH Black and Hispanic or Latino/a adults experience greater activity limitations due to arthritis joint pain and symptoms. This suggests there is a need to ensure access to effective, equitable, and inclusive arthritis management strategies such as physical activity, self-management education, and weight management.

**Figure 1**



### Public Health Opportunity

#### Actions for Health Care Providers and Public Health Partners

- Talk with all patients with arthritis, particularly those who are Black or Hispanic or Latino/a, about appropriate ways to reduce joint pain and manage arthritis symptoms. For counseling tools and resources, visit <http://health.ny.gov/arthritis/CounselingTools>.
- Ensure referrals to community-based physical activity or self-management programs are inclusive of Black and Hispanic or Latino/a adults. Learn more about arthritis-appropriate programs available in NYS at <https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>.
- Plan, promote, and deliver arthritis management interventions to ensure they are accessible to Black and Hispanic or Latino/a adults with arthritis by offering programs in Spanish (such as Tomando Control de su Salud or Camine con Gusto) or in partnership with Black or Hispanic or Latino/a community leaders and groups.

Data Source: 2019 Behavioral Risk Factor Surveillance System.

<sup>a</sup>Arthritis is defined based on a "yes" response to the question, "Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?"

<sup>b</sup>Physical limitations defined as "yes" response to the question, "Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?"

