

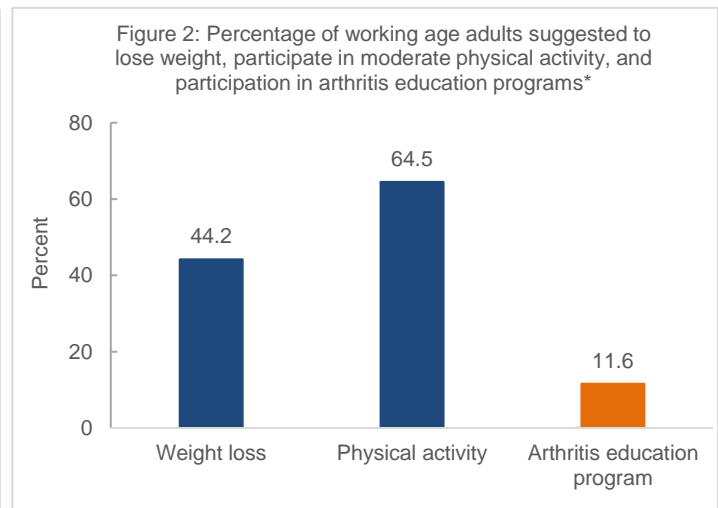
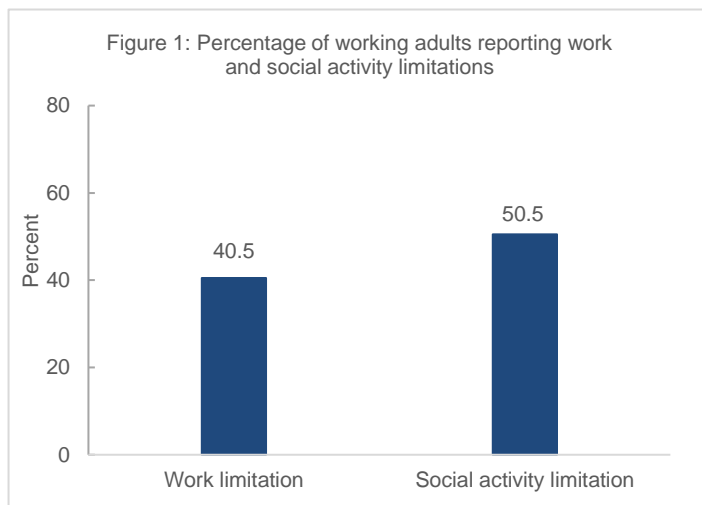
Participation in arthritis education programs helps improve quality of life of working age adults with arthritis



Arthritis is the most common cause of disability in the United States, generating high direct and indirect costs. Arthritis has been shown to be associated with loss of earnings among working age adults (18-64 years).¹ An estimated 16.7% of working age adults in New York report having diagnosed arthritis, making it the second most prevalent chronic condition for adults in this age group, behind high blood pressure (21.4%).²

- Forty percent of working adults with arthritis report their symptoms affect the type and amount of work they do and 50.5% experience limitations in their usual social activities due to their arthritis symptoms (Figure 1).
- Sixty-four percent of working adults with arthritis have been told by a doctor to participate in moderate physical activity and 44.2% have been suggested to lose weight to help improve their arthritis symptoms (Figure 2).

Arthritis education programs help people with arthritis develop skills to reduce symptoms and improve quality of life.³ These programs include guidelines for diet, exercise, pain management and medication use.⁴ Yet, in New York, only 11.6% of working age adults with arthritis have ever participated in an arthritis education program (Figure 2).



Data source: NYS Behavioral Risk Factor Surveillance System, 2015. *BRFSS question: Have you ever taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms?

Public Health Opportunity

Increasing participation in arthritis education programs can help reduce arthritis symptoms and improve quality of life of people with arthritis, which can diminish the impact the condition has on work productivity among working age adults.

Information

For more information about the data included and their specific implications for action, please send an e-mail to DCDIPIFA@health.ny.gov with IFA # 2017-04 in the subject line.

To access a list of Healthy Lifestyle workshops visit: <https://www.health.ny.gov/diseases/conditions/arthritis/programs>

To access other Information for Action reports, visit the NYSDOH public website:

[http:// https://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action](http://https://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action)

¹ Yelin, E., Murphy, L., Cisternas, M. G., Foreman, A. J., Pasta, D. J., & Helmick, C. G. (2007). Medical care expenditures and earnings losses among persons with arthritis and other rheumatic conditions in 2003, and comparisons with 1997. *Arthritis & Rheumatology*, 56(5), 1397-1407.

² Behavioral Risk Factor Surveillance System, 2015.

³ Centers for Disease Control and Prevention. Self-Management Education (SME) Programs for Ongoing Health Conditions. Retrieved October 20, 2017

https://www.cdc.gov/learnmorefeelbetter/programs/index.htm?s_cid=bb-dph-LearnMoreFeelBetter-01

⁴ Centers for Disease Control and Prevention. Managing Arthritis. Retrieved October 20, 2017 <https://www.cdc.gov/learnmorefeelbetter/programs/arthritis.htm>