



ARTHRITIS BRIEF

GRAPHIC 1:

Slide 1:

! NEW REPORT: ARTHRITIS

An estimated **3.8 million** adult New Yorkers – over **23%** – have been diagnosed with arthritis.

health.ny.gov/ArthritisBRFSS NEW YORK STATE Department of Health

Slide 2:

Key Self-Management Arthritis Activities

- Learn arthritis management strategies
 - Maintaining a healthy weight
 - Avoid joint injury
 - See a health care provider

health.ny.gov/ArthritisBRFSS NEW YORK STATE Department of Health

CAPTION: Social, economic, and environmental inequities can result in adverse #arthritis health outcomes. This can also have a greater impact on individual choices.

→ Learn more about the data in this new report: www.health.ny.gov/ArthritisBRFSS

 New Yorkers with arthritis are encouraged to learn more about how to manage and reduce symptoms: www.health.ny.gov/diseases/conditions/arthritis/manage_arthritis.htm



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! NEW REPORT: ARTHRITIS

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Slide 2:

! NEW REPORT: ARTHRITIS PREVALENCE

Figure 1. Prevalence of arthritis and prevalence of physical limitations^b due to arthritis, NYS adults, by race/ethnicity, BRFSS 2021

Race/Ethnicity	Prevalence (%)
Adults with Arthritis	23.6
White NH	27.5
Black NH	21.4
Hispanic	17.3
Other NH	17.5
Adults with Arthritis Reporting Physical Limitations	40.9
White NH	39.6
Black NH	42.0
Hispanic	47.7
Other NH	39.4

Error bars represent 95% confidence intervals

health.ny.gov/ArthritisBRFSS

CAPTION: In NYSDOH’s new report, the latest data on arthritis is evidence that we must ensure access to effective, equitable, and inclusive #arthritis management strategies for every New Yorker, including:

- ✓ Physical activity
- ✓ Self-management education
- ✓ Weight management

→ Read the report: www.health.ny.gov/ArthritisBRFSS

Self-management programs are free or low-cost to *all* New Yorkers: www.health.ny.gov/diseases/conditions/arthritis/manage_arthritis.htm



GRAPHIC3:

! ARTHRITIS SELF-MANAGEMENT

Moderate physical activity is proven to benefit adults with arthritis.

150 minutes of weekly activity, such as walking or swimming, can **boost energy & mood, and decrease pain & stiffness.**



health.ny.gov/ArthritisBRFSS

NEW YORK STATE Department of Health

CAPTION: NEW report: An estimated 3.8 million adult New Yorkers – over 23% – have been diagnosed with #arthritis. The majority are women and New Yorkers over 65 years. Share with someone you know and learn about management and prevention: www.health.ny.gov/ArthritisBRFSS

 New Yorkers with arthritis: programs are available to help you start managing and reducing symptoms: www.health.ny.gov/diseases/conditions/arthritis/manage_arthritis.htm

GRAPHIC4:

! ARTHRITIS SELF-MANAGEMENT

There is no cure for arthritis but, self-management can help people:

- ✓ Reduce pain
- ✓ Improve or maintain function
- ✓ Stay productive
- ✓ Lower health care costs



health.ny.gov/ArthritisBRFSS

NEW YORK STATE Department of Health



Public Health Toolkit

Social Media



CAPTION: Our latest report shows the need to ensure access to effective, equitable, and inclusive arthritis management strategies. Low cost and free programs are available across the State for *every* New Yorkers.

→ Learn more about the State's latest report: www.health.ny.gov/ArthritisBRFSS

  Find a program today: www.health.ny.gov/diseases/conditions/arthritis/manage_arthritis.htm