



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



GRAPHIC 2:

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! NEW REPORT: ARTHRITIS

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Slide 2:

! NEW REPORT: ARTHRITIS PREVALENCE

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

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

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