

Do you miss the *old you*?

The one that felt great and had more energy?

Arthritis is not a normal part of aging. Arthritis is more common in women than men. Almost 1 in 3 women in NYS have arthritis. Unmanaged, arthritis can keep you from doing the things you love. *But better health and quality of life are possible!*

Reference: Women vs. men: 29.4% vs. 20.1%, women with arthritis: 29.4% or 2.3 million; 2012 BRFSS

No matter what your age or ability, there's a local, free or low-cost program proven to:

REDUCE Pain/stiffness, depression and frustration, and fatigue.

IMPROVE Physical activity, confidence, energy, and quality of life

Find [programs and classes](#) in your area.

PHYSICAL ACTIVITY PROGRAMS

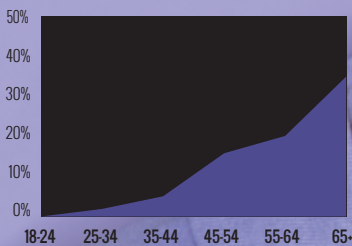
Physical activity and weight loss can help reduce arthritis symptoms. Try **Walk with Ease, Active Living Every Day** and **EnhanceFitness**.

SELF-MANAGEMENT PROGRAMS

Proven programs, such as the **Chronic Disease Self-Management Program**, can help you feel better and manage symptoms.

Arthritis affects women of all ages: Almost **6 out of 10 (59%)** are under age 65.

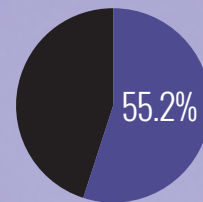
Reference: 2012 BRFSS



Department of Health

www.health.ny.gov/lifestyleprograms

Arthritis is a common cause of disability among women. **Over half (55.2%)** experience limitations in their everyday activities. Reference: 2011 BRFSS



Women are almost **twice as likely** to experience limitations as men.

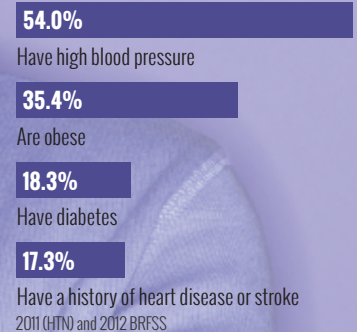
Reference: 14.5% vs. 9.7%, 2011 BRFSS

Women with arthritis tend to be less physically active than those without arthritis, which can make arthritis and other health conditions worse. **Over 1 in 3** women with arthritis do not get regular exercise.

Reference: 2012 BRFSS



Arthritis and other conditions often occur together. Among women with arthritis:



2011 (HTN) and 2012 BRFSS

67%

Among NYS women who have received a doctor's diagnosis of arthritis, **2/3 (67%)** are overweight or obese.

Reference: 2012 BRFSS