

ARTHRITIS

Arthritis is the most common cause of disability and activity limitations among U.S. adults.¹⁹ Arthritis comprises more than 100 different diseases that affect areas in or around the joints. The most common type is osteoarthritis, which is a degenerative joint disease that causes pain and loss of movement in areas such as the knees, hips, hands and spine.²⁰ Treatment for osteoarthritis focuses on relieving symptoms and there is no known cure for this condition. Types of arthritis that primarily affect women include lupus, fibromyalgia, and rheumatoid arthritis, which is the most serious and disabling type of arthritis.²¹

In 2009–2011, 22.1 percent of adults in the United States reported that they had ever been

diagnosed with arthritis (data not shown). Arthritis was more common among women than men (24.7 versus 19.1 percent, respectively) and increased greatly with age. For example, among women, 5.4 percent of those aged 18–34 years had ever been diagnosed with arthritis, compared to 15.3 percent of 35- to 44-year-olds, 34.1 percent of those aged 45–64 years, and 55.7 percent of women aged 65 years and older (data not shown).

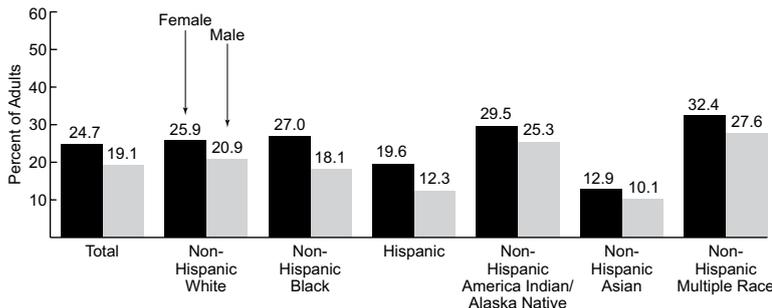
Arthritis prevalence also varied by race and ethnicity. In 2009–2011, more than one-quarter of non-Hispanic White, non-Hispanic Black, non-Hispanic American Indian/Alaska Native, and non-Hispanic women of multiple races reported having been diagnosed with ar-

thritis (25.9, 27.0, 29.5 and 32.4 percent, respectively), compared to 19.6 percent of Hispanic women and 12.9 percent of non-Hispanic Asian women. Hispanic and non-Hispanic Asians also had the lowest arthritis prevalence among men.

Obesity has been associated with the onset and progression of osteoarthritis.²⁰ In 2009–2011, nearly one-third of obese adults and one-fifth of overweight adults had been diagnosed with arthritis, compared to 17.3 percent of adults who were neither overweight nor obese. An arthritis diagnosis was reported by 33.4 percent of obese women, compared to 19.0 percent of women who were neither overweight nor obese.

Adults Aged 18 and Older with Arthritis,* by Race/Ethnicity** and Sex, 2009–2011

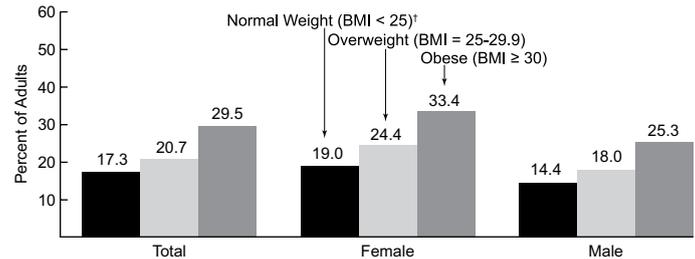
Source II.1: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey



*Reported a health professional has ever told them they have arthritis; all estimates are age-adjusted.
 **The sample of Native Hawaiian/Other Pacific Islanders was too small to produce reliable results.

Adults Aged 18 and Older with Arthritis,* by Sex and Weight Status,** 2009–2011

Source II.1: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey



*Reported a health professional has ever told them they have arthritis; all estimates are age-adjusted. **Body Mass Index (BMI) is a ratio of weight to height. †Includes underweight.