

## **Did You Know? Arthritis Fact Sheet**

In this fact sheet arthritis is defined as doctor-diagnosed arthritis, and refers to adults 18 and older who answered “yes” to the BRFSS question “Have you ever been told by a doctor or other health care professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia?”

### **Arthritis among Utah Adults**

- In 2009, 21.4 percent of Utah adults 18 and older (415,000) reported arthritis.

### **Age and Gender**

- 168,000 men (17.4%) and 247,000 women (25.4%) reported arthritis in 2009
- 8.5% of adults 18-44 reported arthritis
- 33.1% of adults 45-64 reported arthritis
- 54.0% of adults 65 and older reported arthritis

### **Race/Ethnicity**

- 22.1% of non-Hispanic White adults reported arthritis
- 11.9% of Hispanic adults reported arthritis

### **Education**

- 34.6% of adults 24 and older with less than a high school education reported arthritis
- 27.6% of adults 24 and older with a high school education reported arthritis
- 25.4% of adults 24 and older with some post high school education reported arthritis
- 20.2% of college graduates 24 and older reported arthritis

### **Income**

- 28.0% of adults earning less than \$24,999 reported arthritis
- 23.4% of adults earning between \$25,000 and \$49,999 reported arthritis
- 20.4% of adults earning between \$50,000 and \$74,999 reported arthritis
- 18.2% of adults earning more than \$75,000 reported arthritis

### **Physical Activity, Body Weight and Health Status**

Among adults who reported arthritis:

- 25.1% report no leisure time physical activity
- 33.0% are ideal weight
- 36.0% are overweight
- 31.0% are obese
- 23.7% reported fair or poor health
- 27.3% reported seven or more days of poor health in the past 30 days
- 20.1% reported seven or more days of poor mental health in the past 30 days

### **Arthritis and Co-existing Conditions**

- 32.4% of adults with asthma also have arthritis
- 51.0% of adults with diabetes also have arthritis
- 38.2% of adults with high cholesterol also have arthritis
- 44.0% of adults with high blood pressure also have arthritis

## **Arthritis among Salt Lake County Adults**

- In 2009, 22.1 percent of Salt Lake County adults 18 and older (162,000) reported arthritis.

## **Age and Gender**

- 69,000 men (18.8%) and 93,000 women (25.4%) reported arthritis in 2009
- 8.6% of adults 18-44 reported arthritis
- 33.1% of adults 45-64 reported arthritis
- 54.6% of adults 65 and older reported arthritis

## **Race/Ethnicity**

- 22.8% of non-Hispanic White adults reported arthritis
- 12.0% of Hispanic adults reported arthritis

## **Education**

- 37.2% of adults 24 and older with less than a high school education reported arthritis
- 28.3% of adults 24 and older with a high school education reported arthritis
- 25.0% of adults 24 and older with some post high school education reported arthritis
- 20.7% of college graduates 24 and older reported arthritis

## **Income**

- 29.2% of adults earning less than \$24,999 reported arthritis
- 22.6 % of adults earning between \$25,000 and \$49,999 reported arthritis
- 21.0% of adults earning between \$50,000 and \$74,999 reported arthritis
- 19.1% of adults earning more than \$75,000 reported arthritis

## **Physical Activity, Body Weight and Health Status**

Among adults who reported arthritis:

- 26.8% report no leisure time physical activity
- 37.4% are ideal weight
- 35.6% are overweight
- 27.0% are obese
- 23.2% reported fair or poor health
- 11.2% reported seven or more days of poor health in the past 30 days
- 15.4% reported seven or more days of poor mental health in the past 30 days

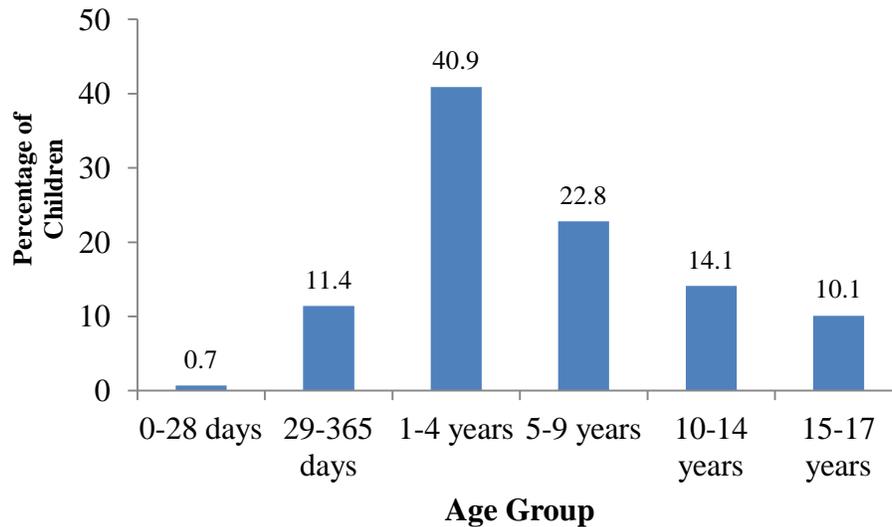
## **Arthritis and Co-existing Conditions**

- 31.0% of adults with asthma also have arthritis
- 14.8% of adults with diabetes also have arthritis
- 45.6% of adults with high cholesterol also have arthritis
- 46.0% of adults with high blood pressure also have arthritis

**Source: 2009 Utah Behavioral Risk Factor Surveillance Survey (BRFSS)**

In 2009, there were 149 arthritis-related pediatric inpatient hospital visits among children 0-17 years-of-age. There were more visits among boys with arthritis (85) than among girls with arthritis (64). Children from birth to one accounted for 12.1 percent of visits, children ages one to four accounted for (40.9%) of visits, children five to nine accounted for 22.8 percent of visits, children ten to fourteen accounted for 14.1 percent of visits and children 15-17 represented 10.1 percent. (See Figure 1)

**Figure 1. Pediatric Inpatient Hospital Discharges by Age**



Source: 2009 Utah Inpatient Hospital Discharge Data

Total charges for children with a primary diagnosis of arthritis were \$2,136,818 and the average charge per visit was nearly \$15,000. Managed Care was the primary source of payment for nearly half (48.9%) of arthritis-related discharges, followed by Medicaid (25.1%) and Blue Cross/Blue Shield and other commercial insurance companies (24.3%).

The average length-of-stay for children with a primary diagnosis of arthritis was 3.3 days. The length-of-stay for boys was slightly longer (3.5 days) than the length-of-stay for girls (3.0 days).

To determine the number of hospital visits for pediatric arthritis and other rheumatologic conditions the following ICD-9 codes recommended by the Centers for Disease Control and Prevention (CDC) Arthritis Program, the American College of Rheumatology (ACR), and the American Academy of Pediatrics (AAP) were used 99.3 136.1 274 277.3 287.0 390 391 437.4 443.0 446 447.6 695.2 696.0 701.0 710 711 712 713 714 715 716 719.2 719.3 720 727.0 729.0 729.1.