



Did You Know? Utah Arthritis Facts

Arthritis in Utah - 2013

In this fact sheet “*arthritis*” refers to adults 18 and older who said they had been told by a doctor or other health care professional that they had some form of arthritis.

Arthritis among Utah Adults

In 2013, 20 percent of Utah adults 18 and older (390,000 individuals) were living with arthritis.

Arthritis by Race and Ethnicity

Arthritis is most prevalent among American Indians followed by Pacific Islanders (25% & 21%). Hispanic adults have lower rates of arthritis than non-Hispanic White adults (14% vs. 22%).

Co-existing Conditions and Arthritis

- Among adults with arthritis:
- 47% have high blood pressure
 - 44% have high cholesterol
 - 16% have cardiovascular disease**
 - 15% have diabetes

**Cardiovascular disease is defined as heart attack, stroke, or diagnosed coronary heart disease.

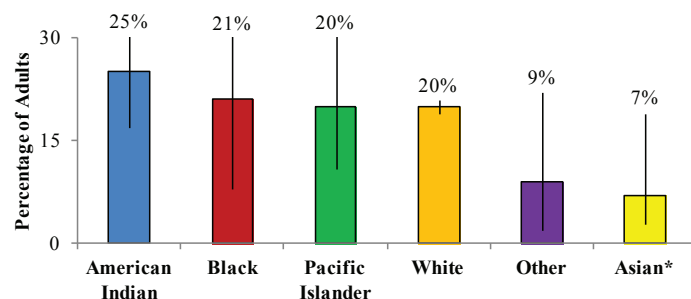
Prevalence of Arthritis by Sex

- 16% of Utah men (160,000)
- 23% of Utah women (230,000)

Prevalence of Arthritis By Age

Age Group	Percentage	Number Impacted
18-34	6%	21,000
35-49	13%	51,000
50-64	32%	124,000
65+	50%	194,000

Arthritis Prevalence by Race



Prevalence of Arthritis by Ethnicity

- 22% of non-Hispanic White adults
- 14% of Hispanic/Latino adults
- 21% of non-Hispanic, non-White adults

Health Status among Adults with Arthritis

- One-in-four 29% reported fair or poor health (112,000)
- Nearly one-in-three 32% reported seven or more days of poor physical health in the past 30 days (165,000)
- One-in-five 23% reported seven or more days of poor mental health in the past 30 days (105,000)

For more information please visit our website at <http://health.utah.gov/arthritis/> or visit our IBIS Arthritis Prevalence Indicator at http://ibis.health.utah.gov/indicator/view/ArthPrev.UT_US.html
 *Use caution in interpreting. The estimate has a coefficient of variation > 30% and is therefore deemed unreliable by Utah Department of Health standards.

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Prevalence of Arthritis by Income

Arthritis is more common among people with lower incomes. About 23% of people earning less than \$25,000 per year have arthritis compared to 16% of those earning \$75,000 or more.



Prevalence of Arthritis by Weight Status

Adults who are obese report arthritis nearly twice as often as people who are ideal weight (28% vs. 15%).

Arthritis and Physical Activity

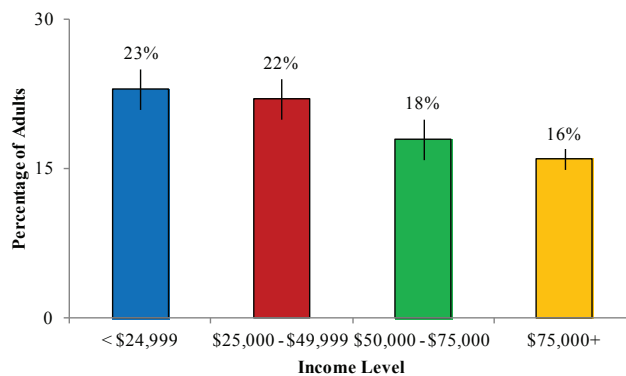
Among Utah adults with arthritis:

- 27% are inactive
- 49% do not get the recommended amount of activity
- 59% have been told to exercise by their doctor

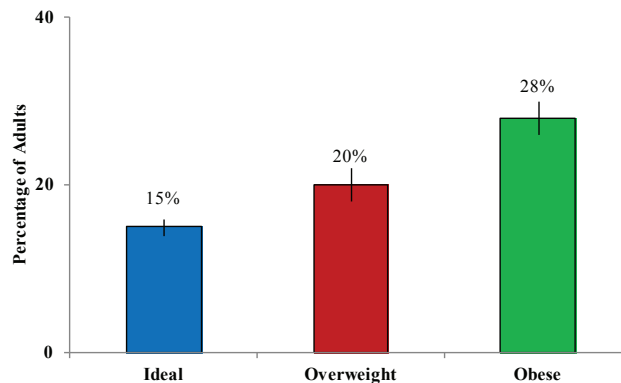


Mission – The Utah Arthritis Program provides technical assistance and coordination to expand reach and sustain evidence-based self-management programs for all Utahns affected by arthritis and other chronic conditions through statewide partnerships.

Prevalence of Arthritis by Income Level



Prevalence of Arthritis by Weight Status



The Utah Arthritis Program recommends the following self-management programs:

- Arthritis Foundation Walk With Ease Program
- Arthritis Foundation Exercise Program
- EnhanceFitness
- Living Well with Chronic Conditions (LWCC) and Living with Diabetes (LWD)
- Tomando Control de su Salud
- Programa de Manejo Personal de la Artritis

To read more about these proven programs and to find a course near you, visit our website at http://health.utah.gov/arthritis/workshop_search/. The classes are **FREE**. However, class materials (book, CD) may cost depending on the location.

Family members, friends or caregivers are also welcome to attend.

Source: 2013 Utah Behavioral Risk Factor Surveillance System

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