According to the CDC, when an adult has arthritis as one of their multiple chronic conditions, they have a higher chance of negative health outcomes associated with social participation restrictions, serious psychological distress, and work limitations.¹

Chronic conditions impact quality of life and are a leading cause of disability and death. Arthritis is a common cause of disability.¹

Prevalence of arthritis among adult Missourians with other chronic conditions is high. Having arthritis with other chronic conditions can reduce quality of life and make disease management more difficult.²

Arthritis among Missouri adults with other Chronic Conditions³

- 54% Diabetes
- 52% Cardiovascular
- 48% High Blood Pressure
- 46% High Cholesterol
Arthritis and Risk Factors

Chronic conditions have many known risk factors. A few of these risk factors have been identified as being responsible for most of the main chronic conditions: an unhealthy diet, physical inactivity, and tobacco use. The modifiable risk factors specific to arthritis are: overweight and obesity, joint injuries, infection, and occupation.

Of adults with arthritis...

- 36% are also obese
- 28% are also overweight
- 36% are also inactive
- 31% are also smokers

Arthritis Courses

The Missouri Arthritis and Osteoporosis Program (MAOP) offers multiple self-management and physical activity programs for the management of arthritis. These programs are made available on a regional basis through the seven Regional Arthritis Centers (RACs). For additional information about the RACs and the courses offered in your location visit www.moarthritis.org.

Courses offered in Missouri

- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish CDSMP)
- Diabetes Self-Management Program (DSMP)
- Arthritis Foundation Exercise Program
- Walk with Ease Group
- Walk with Ease Individual
- Enhance(R)Fitness
- Arthritis Toolkit

Citations


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