

# Arthritis in Missouri: 2011 BRFSS Update

Behavioral Risk Factor Surveillance System

Created by: Missouri Arthritis and Osteoporosis Program

Arthritis is a growing area of concern in the United States, with just over one in five adults (18 and older) having been diagnosed by their doctor with arthritis. This constitutes about 50 million U.S. adults, and it is expected to increase to 67 million by 2030.<sup>1</sup>

Arthritis is a term that describes more than 100 different conditions and rheumatic diseases, which primarily affect the joints and tissue surrounding the joint.<sup>2</sup> The word itself means the swelling of joints, but the conditions can also cause pain and stiffness in or around the joints.

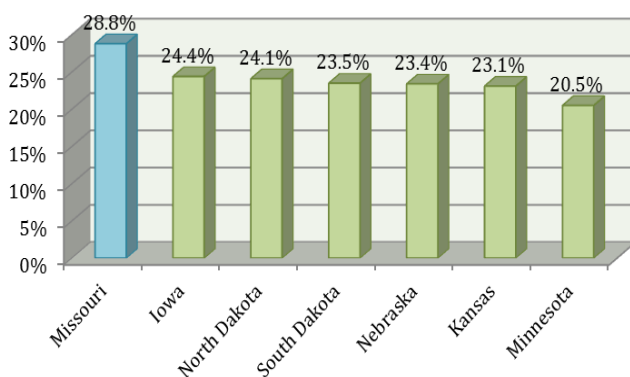
*Arthritis and rheumatic conditions cost the U.S. economy \$128 billion annually.<sup>3</sup>*

## Prevalence in Missouri

Arthritis prevalence in Missouri has remained consistently higher than the national average. The 2011 data from the Behavioral Risk Factor Surveillance System (BRFSS) suggest that this trend has continued. In 2011, 28.8% of Missourians reported living with doctor-diagnosed arthritis. The national median for 2011 was 24.4%.<sup>4</sup>

BRFSS groups Missouri into the West North Central Region. Arthritis prevalence in Missouri exceeds that of all other states in the region (see Figure 1). Aside from Missouri, all states in the region are at or below the national median.<sup>4</sup>

**Figure 1: Arthritis Prevalence: Regional Comparison**

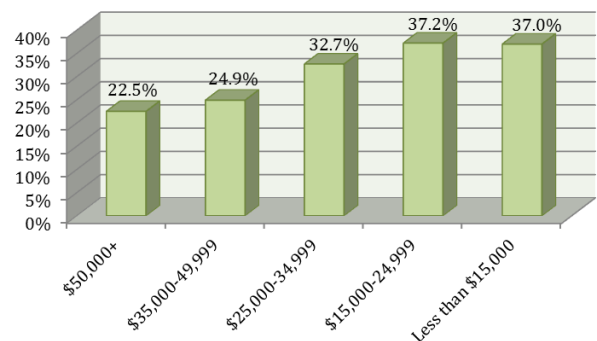


## Who is Affected?

Arthritis affects people of all races, ages, and genders. However, the data suggests that there are certain characteristics that put an individual at higher risk.

- The risk of arthritis increases with age with 53.8% of those 65+ having the condition.
- Arthritis is also more prevalent among women in Missouri, with 32.4% of women reporting arthritis compared to 24.8% of males.
- Arthritis prevalence in Missouri is highest among adults in the lowest income brackets where the rate reaches 37% (see Figure 2).<sup>4</sup>

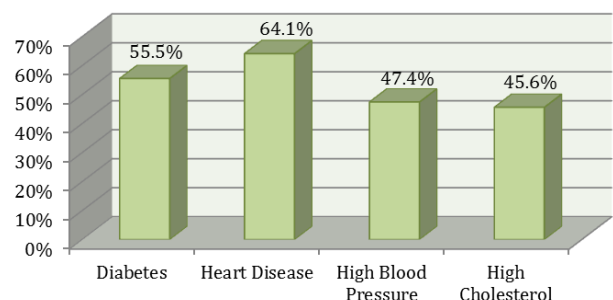
**Figure 2: Prevalence of Arthritis Among Missouri Adults by Income**



There also tends to be a connection between arthritis and other chronic diseases. While the rate among all adult Missourians is 28.8%, the prevalence among Missouri adults with diabetes is substantially higher at 55.5%. For heart disease the rate is even higher at 64.1% (see Figure 3).<sup>4</sup> Studies suggest that these comorbidities are due to the fact that arthritis and other chronic conditions share some common risk factors such as age and obesity. It may also be that arthritis leads to less physical activity, which can then lead to other conditions.<sup>5</sup>

*Arthritis affects more than half of adults with diabetes or heart disease.<sup>4</sup>*

**Figure 3: Arthritis Prevalence Among Missouri Adults With Comorbidities**



## Limitations and Management

Arthritis can have serious implications for a person's quality of life. In Missouri, adults with arthritis face some of the following limitations:

- 51.6% have activity limitations
- 41.4% have work limitations
- 20.9% are restricted in their social participation
- 30.4% reported severe joint pain.<sup>4</sup>

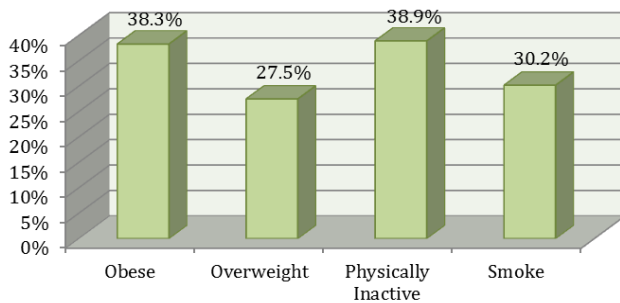
*Arthritis is a more frequent cause of activity limitation than heart disease, cancer, or diabetes.<sup>3</sup>*

Managing arthritis effectively can alleviate some of these limitations. The Centers for Disease Control (CDC) Arthritis Program suggests self-management education and physical activity programs.<sup>5</sup> These types of programs address arthritis risk factors such as obesity and physical inactivity.

For Missouri adults who were identified as obese, 38.3% had arthritis. For those who reported that they were physically inactive, 38.9% had arthritis (see Figure 4).<sup>4</sup>

Among adults in Missouri with arthritis, 42.3% had been told by a doctor to lose weight (if overweight or obese). Additionally, 50.9% had been told by a doctor to exercise for their arthritis.<sup>6</sup> In Missouri, 11.4% of adults with arthritis have attended an arthritis self-management course.<sup>4</sup>

**Figure 4: Arthritis Prevalence Among Missouri Adults With Risk Factors**



## What is being done in Missouri?

Missouri is one of 12 states to receive funding through the CDC to provide evidence-based and promising practice interventions to improve the quality of life for those with arthritis. The Missouri Arthritis and Osteoporosis Program (MAOP) is carried out by the seven Regional Arthritis Centers (RAC) across the state.

The RACs coordinate the delivery of five types of courses offered around the state for dealing with arthritis: Arthritis Foundation Exercise Program, Walk with Ease (Group and Individual Format), Chronic Disease Self-Management Program, Tomando (Spanish Version of CDSMP), and Arthritis Toolkits.

- From July 2011 to June 2012, 288 courses were offered throughout Missouri.
- 4,698 individuals with chronic conditions attended a course in FY 2012.
- There are 295 active and certified course leaders throughout Missouri.
- 71% of Missouri counties provided at least one course in FY 2012.

The map below shows the counties in Missouri that offered arthritis related programming. The icons signify that at least one of the designated courses was provided in that county in FY 2012.



For more information about the self-management and physical activity courses provided around the state visit the MAOP website at: <http://www.moarthritis.org/>.

## Works Cited

- <sup>1</sup> Centers for Disease Control and Prevention. (2012). Chronic Disease at a Glance Reports: Arthritis. Retrieved from the CDC Web site: <http://www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm>
- <sup>2</sup> Centers for Disease Control and Prevention. (2009). Arthritis basics. Retrieved from the CDC Web site: <http://cdc.gov/arthritis/basics.htm>
- <sup>3</sup> Arthritis Foundation (2011). Newsroom: Factsheets. Retrieved from AF website: [http://www.arthritis.org/media/newsroom/Arthritis\\_Prevalence\\_Fact\\_Sheet\\_5-31-11.pdf](http://www.arthritis.org/media/newsroom/Arthritis_Prevalence_Fact_Sheet_5-31-11.pdf)
- <sup>4</sup> Centers for Disease Control and Prevention (2012). Behavioral Risk Factor Surveillance System. Retrieved from website: <http://www.cdc.gov/Brfss/>
- <sup>5</sup> Centers for Disease Control and Prevention (2010). Data and Statistics. Retrieved from CDC website: [http://www.cdc.gov/arthritis/data\\_statistics/comorbidities.htm](http://www.cdc.gov/arthritis/data_statistics/comorbidities.htm)