

# STAT Check

## Arthritis

### 1 in 5...

US adults report having physician-diagnosed arthritis.

*MMWR 2006;55:1089-92.*

### 28.3 million women and 18.2 million men...

reported physician-diagnosed arthritis in 2003-2005.

*MMWR 2006;55:1089-92.*

### 50% of adults 65 years of age and over...

reported an arthritis diagnosis in 2003-2005.

*MMWR 2006;55:1089-92.*

### \$81 billion...

was the direct medical cost associated with arthritis in 2003.

*http://www.cdc.gov/nccdphp/publications/AAG/pdf/arthritis.pdf. Accessed June 15, 2007.*

### 44 million...

outpatient visits and almost 750,000 hospitalizations result from arthritis.

*Felson DT, Lawrence RC, Dieppe PA, et al. Osteoarthritis: new insights. Part 1: the disease and its risk factors. Ann Intern Med 2000;133:635-46.*

### 418,000...

total knee replacements were performed in 2003, primarily because of arthritis.

*DeFrances CJ, Hall MJ, Podgornik MN. 2003 National Hospital Discharge Survey. Advanced data from vital and health statistic; no. 359, Hyattsville, MD: National Center for Health Statistics, 2005.*

### Obese adults are up to 4 times...

more likely to develop knee osteoarthritis than normal-weight adults.

*Felson DT, Zhang Y. An update on the epidemiology of knee and hip osteoarthritis with a view to prevention. Arthritis Rheum 1998;41:1343-55.*

### 11 pounds....

is the amount of weight loss that reduces the risk of developing osteoarthritis of the knee by 50% among women.

*Felson DT, Zhang Y. An update on the epidemiology of knee and hip osteoarthritis with a view to prevention. Arthritis Rheum 1998;41:1343-55.*

### Thrice weekly...

moderate physical activity can reduce arthritis-related disability by 47% in adults with arthritis of the knee.

*Arch Intern Med 2001;161:2309-16.*

### 67 million...

adults are projected to have physician-diagnosed arthritis by 2030. Two-thirds of those with arthritis will be women.

*http://www.cdc.gov/arthritis/data\_statistics/national\_data\_nbis.htm#future. Accessed June 15, 2007.*

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