

# CDC: Prevalence of arthritis 22.8 percent in U.S. adults in 2017

8 May 2019



rates of severe joint pain and physical inactivity among adults with arthritis were highest in southeastern states (median, 30.3 percent and 33.7 percent, respectively). The prevalence of physical inactivity was highest among those with severe joint pain versus those with moderate or no/mild joint pain (47.0 versus 31.8 and 22.6 percent, respectively).

"State-specific data support efforts to promote participation in arthritis-appropriate, evidence-based self-management education and physical activity programs, which can reduce pain, increase [physical activity](#) and function, and improve mood and quality of life," the authors write.

**More information:** [Abstract/Full Text](#)

Copyright © 2019 [HealthDay](#). All rights reserved.

(HealthDay)—The prevalence of arthritis was 22.8 percent in U.S. adults in 2017, with statewide variation in prevalence and in the prevalence of severe joint pain and physical inactivity among those with arthritis, according to research published in the May 3 issue of the U.S. Centers for Disease Control and Prevention *Morbidity and Mortality Weekly Report*.

Dana Guglielmo, M.P.H., from the CDC in Atlanta, and colleagues analyzed 2017 Behavioral Risk Factor Surveillance System data to estimate the current state-specific prevalence of arthritis and prevalence of severe joint pain and [physical inactivity](#) among those with arthritis.

The researchers found that the [median age](#)-standardized state prevalence of arthritis was 22.8 percent among adults aged ≥18 years in 2017 (range, 15.7 in Washington, D.C., to 34.6 percent in West Virginia) and generally was highest in the Appalachia and Lower Mississippi Valley regions. The age-standardized, state-specific prevalence

APA citation: CDC: Prevalence of arthritis 22.8 percent in U.S. adults in 2017 (2019, May 8) retrieved 26 May 2021 from <https://medicalxpress.com/news/2019-05-cdc-prevalence-arthritis-percent-adults.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*