

## CHAPTER 16: ARTHRITIS

**Arthritis Awareness: Have ever been told by a doctor or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.**

**State Prevalence** **37.2%** (95% CI: 35.4-39.0); 1<sup>st</sup> among 54 BRFSS participants.  
National prevalence: 27.1% (95% CI: 26.8-27.4).

**Gender** **Men 34.9%** (95% CI: 32.1-37.8); **Women 39.3%** (95% CI: 37.0-41.7).  
There was no significant gender difference in the prevalence of arthritis.

**Age** The prevalence of arthritis significantly increased among adults at each higher age grouping until age 65. Only 7.4% of adults aged 18 to 24 had ever been diagnosed with some form of arthritis, compared with nearly two-thirds of those aged 65 and older.

**Education** The prevalence of arthritis significantly decreased as educational attainment increased. Adults without a high school diploma/GED had a significantly higher rate of arthritis than those at all higher levels of education.

**Household Income** The risk of arthritis also significantly decreased as household income increased. Adults in the poorest households were more than twice as likely as those in the wealthiest households to have been diagnosed with arthritis (50.8% versus 21.6%).

**Quick Stats**

- 55.9% of adults had pain, aching, or stiffness in or around a joint (not including neck or back) in the past 30 days.

**Table 16.1: Prevalence of arthritis: WVBRFSS, 2003**

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>TOTAL</b>	1,313	<b>34.9</b>	(32.1-37.8)	2,016	<b>39.3</b>	(37.0-41.7)	3,329	<b>37.2</b>	(35.4-39.0)
<b>Age</b>									
18-24	91	<b>6.4</b>	(0.8-12.1)	111	<b>8.3</b>	(2.9-13.8)	202	<b>7.4</b>	(3.4-11.3)
25-34	186	<b>20.4</b>	(14.0-26.9)	268	<b>15.3</b>	(10.6-20.0)	454	<b>17.9</b>	(13.9-21.8)
35-44	234	<b>30.0</b>	(23.6-36.3)	320	<b>27.1</b>	(21.7-32.6)	554	<b>28.5</b>	(24.3-32.7)
45-54	282	<b>41.0</b>	(34.7-47.2)	386	<b>40.5</b>	(35.3-45.8)	668	<b>40.8</b>	(36.7-44.8)
55-64	248	<b>49.7</b>	(43.0-56.4)	395	<b>60.4</b>	(55.2-65.6)	643	<b>55.1</b>	(50.9-59.4)
65+	271	<b>56.3</b>	(50.0-62.6)	525	<b>66.3</b>	(61.9-70.7)	796	<b>62.2</b>	(58.6-65.9)
<b>Education</b>									
Less than H.S.	245	<b>46.0</b>	(38.7-53.3)	390	<b>55.0</b>	(49.5-60.5)	635	<b>50.6</b>	(46.0-55.2)
H.S. or G.E.D.	524	<b>34.4</b>	(30.0-38.8)	787	<b>40.0</b>	(36.2-43.7)	1,311	<b>37.3</b>	(34.4-40.2)
Some Post-H.S.	263	<b>31.0</b>	(25.0-37.0)	473	<b>35.0</b>	(30.3-39.8)	736	<b>33.3</b>	(29.5-37.0)
College Graduate	278	<b>29.1</b>	(23.5-34.8)	365	<b>27.3</b>	(22.4-32.1)	643	<b>28.2</b>	(24.5-32.0)
<b>Income</b>									
Less than \$15,000	171	<b>51.1</b>	(42.3-59.9)	354	<b>50.6</b>	(44.6-56.5)	525	<b>50.8</b>	(45.7-55.9)
\$15,000- 24,999	259	<b>43.6</b>	(37.0-50.2)	458	<b>44.2</b>	(39.2-49.3)	717	<b>43.9</b>	(39.9-48.0)
\$25,000- 34,999	193	<b>38.4</b>	(31.0-45.9)	268	<b>37.8</b>	(31.5-44.1)	461	<b>38.1</b>	(33.3-42.9)
\$35,000- 49,999	211	<b>34.1</b>	(27.2-41.0)	266	<b>36.2</b>	(30.0-42.4)	477	<b>35.1</b>	(30.4-39.8)
\$50,000- 74,999	168	<b>29.2</b>	(21.8-36.5)	225	<b>24.4</b>	(18.4-30.5)	393	<b>26.8</b>	(22.0-31.6)
\$75,000+	183	<b>21.6</b>	(15.0-28.2)	146	<b>21.5</b>	(14.8-28.3)	329	<b>21.6</b>	(16.7-26.4)

**Activity Limitation:** Are now limited in any way in usual activities because of arthritis or joint symptoms. *Asked of adults who reported three months of joint pain or a diagnosis of arthritis.*

**Work Limitation:** Arthritis or joint symptoms now affect place of work, type of work, or amount of work. *Asked of adults aged 18 to 64 who reported three months of joint pain or a diagnosis of arthritis.*

**State Prevalence**      *Activity Limitation: 36.3%* (95% CI: 34.0-38.7); 4<sup>th</sup> highest among 54 BRFSS participants. National prevalence: 29.7% (95% CI: 29.3-30.2).

*Work Limitation: 31.6%* (95% CI: 28.8-34.3); 5<sup>th</sup> highest among 54 BRFSS participants. National prevalence: 26.0% (95% CI: 25.5-26.6).

**Gender**      *Activity Limitation:*  
**Men 35.0%** (95% CI: 31.3-38.7); **Women 37.5%** (95% CI: 34.5-40.4).

*Work Limitation:*  
**Men 32.4%** (95% CI: 28.2-36.7); **Women 30.8%** (95% CI: 27.3-34.2).

There were no significant gender differences in the prevalence of arthritis-related limitations.

**Age**      Generally, the prevalence of activity and work limitations increased with age. Adults aged 55 to 64 reported the highest rate of both activity and work limitations (42.7% and 33.3%, respectively). Adults of this age were significantly more likely to have an activity limitation than those aged 18 to 24 (21.7%) and those aged 25 to 34 (28.2%).

**Education**      Arthritis-related limitations significantly decreased as educational attainment increased. College graduates had a significantly lower rate of both activity and work limitation than those with a high school diploma and those with less than a high school education.

**Household Income**      The prevalence of activity and work limitations also decreased as household income increased. The risk of activity limitation significantly decreased until household income reached \$35,000. More than half of adults in the poorest households had an arthritis-related work limitation, compared with approximately 12% of adults with an annual income of \$75,000 or more.

**Quick Stats**      • 24.1% of adults aged 18 to 64 with joint pain or arthritis have both an activity and work limitation.

## West Virginia Healthy People 2010 Objectives

**Objective 2.5**      Reduce to no more than 30% the proportion of people with arthritis who experience a limitation in activity due to arthritis. (Baseline: 40.1% in 1999; Current: 36.3% have only an activity limitation, 41.7% have either an activity or work limitation in 2003)

**Table 16.2: Limitations resulting from arthritis or joint pain: WVBRFSS, 2003**

Characteristic	Arthritis or joint symptoms limit usual activities <sup>a</sup>			Arthritis or joint symptoms affect place of work, type of work, or amount of work <sup>ab</sup>		
	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>TOTAL</b>	1,992	<b>36.3</b>	(34.0-38.7)	1,405	<b>31.6</b>	(28.8-34.3)
<b>Sex</b>						
Males	756	<b>35.0</b>	(31.3-38.7)	573	<b>32.4</b>	(28.2-36.7)
Females	1,236	<b>37.5</b>	(34.5-40.4)	832	<b>30.8</b>	(27.3-34.2)
<b>Age</b>						
18-24	56	<b>21.7</b>	(9.8-33.7)	56	<b>21.2</b>	(9.5-32.9)
25-34	192	<b>28.2</b>	(21.1-35.4)	193	<b>30.7</b>	(23.3-38.0)
35-44	270	<b>37.7</b>	(31.4-44.1)	270	<b>31.9</b>	(25.8-38.1)
45-54	436	<b>36.5</b>	(31.6-41.4)	432	<b>33.1</b>	(28.3-38.0)
55-64	454	<b>42.7</b>	(37.7-47.8)	454	<b>33.3</b>	(28.5-38.1)
65+	579	<b>37.8</b>	(33.6-42.1)	--	--	--
<b>Education</b>						
Less than H.S.	447	<b>49.7</b>	(44.5-55.0)	244	<b>50.3</b>	(43.0-57.6)
H.S. or G.E.D.	791	<b>36.0</b>	(32.2-39.7)	570	<b>34.3</b>	(29.9-38.7)
Some Post-H.S.	434	<b>30.3</b>	(25.5-35.0)	332	<b>23.0</b>	(18.1-28.0)
College Graduate	318	<b>26.0</b>	(20.8-31.2)	259	<b>16.9</b>	(11.9-21.9)
<b>Income</b>						
Less than \$15,000	377	<b>57.6</b>	(51.8-63.4)	236	<b>55.1</b>	(47.6-62.5)
\$15,000- 24,999	467	<b>41.5</b>	(36.6-46.5)	293	<b>44.0</b>	(37.6-50.4)
\$25,000- 34,999	262	<b>30.1</b>	(24.0-36.2)	194	<b>31.3</b>	(23.7-38.8)
\$35,000- 49,999	269	<b>27.2</b>	(21.1-33.2)	218	<b>23.2</b>	(16.7-29.8)
\$50,000- 74,999	202	<b>26.4</b>	(19.6-33.2)	186	<b>15.3</b>	(9.8-20.8)
\$75,000+	141	<b>17.6</b>	(11.2-24.0)	134	<b>11.9</b>	(6.2-17.5)

a. Among adults who reported three months of joint pain or diagnosis of arthritis by a doctor or health care professional

b. Among adults aged 18 to 64

**Figure 16.1: Arthritis awareness by county: WVBRFSS, 1999, 2001, 2003**