

# Business and Industry Professionals Make a Difference!

Increasing physical activity among adults with arthritis



## Arthritis Matters

**A**rthritis is the most common cause of disability in the United States, affecting 54 million adults. Arthritis costs our nation \$128 billion each year; \$47 billion of that cost is due to lost earnings.

Musculoskeletal conditions, including arthritis, are the most common causes of work limitation among U.S. adults.

**Physical activity is highly recommended for adults with arthritis.** It can decrease pain, delay the onset of disability, and improve physical functioning, mood, and independence. It also enhances quality of life, aerobic capacity, and muscle strength.

**People with arthritis can safely engage in physical activity.** A variety of evidence-based physical activity programs have been tested and proven appropriate, safe and effective at relieving symptoms for adults with arthritis.

**Unfortunately, far too few adults with arthritis are active enough.** Adults with arthritis are less likely to be physically active than those without the disease and this gap widens even further for adults with arthritis who also have diabetes or heart disease, or are obese.

## Get Involved

### Now...

- Set worksite wellness goals to increase physical activity among adults with physical limitations such as arthritis, in addition to supporting other healthy behaviors such as smoking cessation and weight/nutrition.
- Offer opportunities and scheduling flexibility so all employees can engage in physical activity during the work day.
- Use audits or walkability checklists to assess whether worksite walking trails, paths, and indoor walking routes are accessible to persons with arthritis.

### Over time...

Establish a worksite wellness program that includes:

- At least one evidence-based, arthritis-appropriate physical activity intervention in your schedule of offerings (see back page for recommendations).
- Physical activities that are inclusive of adults with arthritis but not branded specifically for arthritis.

# Physical Activity Programs for Adults With Arthritis

The Arthritis Program at the Centers for Disease Control and Prevention recommends many programs proven to improve the symptoms, function, and quality of life of adults with arthritis.

## GROUP EXERCISE PROGRAM

Active Living Everyday	<a href="http://www.activeliving.info/">www.activeliving.info/</a>
Arthritis Foundation Aquatic Program	<a href="http://www.arthritis.org/living-with-arthritis/exercise/arthritis-friendly/aquatics.php">www.arthritis.org/living-with-arthritis/exercise/arthritis-friendly/aquatics.php</a>
Arthritis Foundation Exercise Program	<a href="http://www.arthritis.org/living-with-arthritis/exercise/benefits/osteoarthritis-exercise.php">www.arthritis.org/living-with-arthritis/exercise/benefits/osteoarthritis-exercise.php</a>
Arthritis Foundation Walk With Ease Program	<a href="http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>
EnhanceFitness	<a href="http://www.projectenhance.org/EnhanceFitness.aspx">www.projectenhance.org/EnhanceFitness.aspx</a>
Fit and Strong!	<a href="http://www.fitandstrong.org/">www.fitandstrong.org/</a>

## HEALTH COMMUNICATION CAMPAIGNS

Physical Activity: The Arthritis Pain Reliever	<a href="http://www.cdc.gov/arthritis/basics/physical-activity-overview.html">www.cdc.gov/arthritis/basics/physical-activity-overview.html</a>
Buenos Días, Artritis	<a href="http://www.cdc.gov/arthritis/interventions/campaigns/hispanic/index.htm">www.cdc.gov/arthritis/interventions/campaigns/hispanic/index.htm</a>

## SELF-MANAGEMENT EDUCATION PROGRAMS

Chronic Disease Self-Management Program	<a href="http://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/">www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/</a>
Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program)	<a href="http://www.selfmanagementresource.com/programs/small-group-spanish/tomando-control-de-su-salud">www.selfmanagementresource.com/programs/small-group-spanish/tomando-control-de-su-salud</a>

For more information and resources, visit these helpful web sites:

A National Public Health Agenda for Osteoarthritis	<a href="http://www.cdc.gov/arthritis/docs/OAagenda.pdf">www.cdc.gov/arthritis/docs/OAagenda.pdf</a>
	<a href="http://www.oaaction.unc.edu/policy-solutions/">www.oaaction.unc.edu/policy-solutions/</a>
CDC Intervention Programs	<a href="http://www.cdc.gov/arthritis/interventions.htm">www.cdc.gov/arthritis/interventions.htm</a>
Pedestrian and Bicycle Information Center Walkability Checklist	<a href="http://www.pedbikeinfo.org/cms/downloads/walkability_checklist.pdf">www.pedbikeinfo.org/cms/downloads/walkability_checklist.pdf</a>
Arthritis Comorbidities	<a href="http://www.cdc.gov/arthritis/data_statistics/comorbidities.htm">www.cdc.gov/arthritis/data_statistics/comorbidities.htm</a>
Falls Prevention Programs	<a href="http://www.ncoa.org/healthy-aging/falls-prevention">www.ncoa.org/healthy-aging/falls-prevention</a>
Putting Business to Work for Health: Incentive Policies for the Private Sector	<a href="http://www.changelabsolutions.org/sites/default/files/documents/Incentives_FINAL_20120514.pdf">www.changelabsolutions.org/sites/default/files/documents/Incentives_FINAL_20120514.pdf</a>

Note: This information comes from a full report, Environmental and Policy Strategies to Increase Physical Activity Among Adults With Arthritis, that contains additional recommendations for six critical sectors: Community and Public Health; Health Care; Transportation, Land Use, and Community Design; Business and Industry; Park, Recreation, Fitness, and Sport; and Mass Media and Communication. The report, references, and additional resources to help implement the recommendations can be found at [www.arthritis.org/physical-activity](http://www.arthritis.org/physical-activity).

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