

Community and Public Health Professionals Make a Difference!

Increasing physical activity among adults with arthritis



Arthritis Matters

Arthritis is the most common cause of disability in the United States, affecting 54 million adults. Arthritis costs our nation \$128 billion each year; \$80.0 billion of that cost is attributable to medical expenditures.

Adults with arthritis often have other chronic conditions.

47% of those with arthritis have at least one comorbid condition—heart disease, chronic respiratory conditions, diabetes, and stroke are among the most common. Half have high blood pressure and 66% are overweight or obese.

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 and safe for adults with arthritis (see back page for recommendations).

Unfortunately, far too few adults with arthritis utilize this highly recommended intervention. Almost 44% of adults with doctor-diagnosed arthritis report no leisure time physical activity, a considerably higher proportion compared with adults without arthritis (36%).

Get Involved

Now...

- Work with your community to be sure there is at least one evidence-based, arthritis-appropriate physical activity intervention available locally for people with arthritis (see back page for recommendations).
- Establish community partnerships to expand physical activity opportunities (e.g., in parks, senior centers, the Y, churches and synagogues, and other appropriate facilities).
- Establish up-to-date electronic databases and web-based listings of current physical activity and arthritis-friendly resources in your community.

Over time...

- Incorporate strategies to reduce arthritis-specific barriers to physical activity in all programmatic and policy initiatives, including those for adults with obesity, disabilities, heart disease, and diabetes.
- Leverage federal funding (e.g., Title IIID, Older Americans Act, Medicaid waivers) to make evidence-based physical activity programs available to more adults with arthritis.
- Create joint-use agreements with schools, shopping malls, and other community buildings to host physical activity opportunities when not in use for other purposes.

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 PROGRAMS

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

HEALTH COMMUNICATION CAMPAIGNS

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

SELF-MANAGEMENT EDUCATION PROGRAMS

Chronic Disease Self-Management Program	www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/
Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program)	www.selfmanagementresource.com/programs/small-group-spanish/tomando-control-de-su-salud

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

A National Public Health Agenda for Osteoarthritis	www.cdc.gov/arthritis/docs/OAagenda.pdf
	www.oaaction.unc.edu/resource-library/
CDC Intervention Programs	www.cdc.gov/arthritis/interventions.htm
Putting Business to Work for Health: Incentive Policies for the Private Sector	www.changelabsolutions.org/sites/default/files/documents/Incentives_FINAL_20120514.pdf
Falls Prevention Program	www.ncoa.org/healthy-aging/falls-prevention
National Arthritis Data	www.cdc.gov/arthritis/data_statistics/national-statistics.html
Arthritis Comorbidities	www.cdc.gov/arthritis/data_statistics/comorbidities.htm

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.

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