

# Health Care 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; \$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 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. Though significant progress has been made for weight counseling, counseling for physical activity and self-management education falls short.

**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.

**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...

- Incorporate an assessment of the physical activity levels and specific barriers to physical activity into every visit with your patients with arthritis.
- Record physical activity as a vital sign in medical records at every visit.
- Recommend that your patients with arthritis participate in community-based physical activity interventions, other physical activities appropriate for adults with arthritis, or rehabilitation therapies as needed (see back page for recommendations).
- Empower your patients with arthritis with skills to perform their own self-assessment, or refer them to a trained professional to develop a personalized plan for physical activity.

### Over time...

- Design electronic systems to record and monitor physical activity levels of your patients with arthritis and their receipt of physical activity information and recommendations.
- Include reimbursement and financial incentives to support screening and participation in evidence-based physical activity among adults with 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 PROGRAMS

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">http://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>
Center for Enhancing Activity & Participation among Persons with Arthritis (ENACT): Tools for Practitioners	<a href="http://www.bu.edu/enact/enact-center-grant/interact-with-enact/tools-for-practitioners/">http://www.bu.edu/enact/enact-center-grant/interact-with-enact/tools-for-practitioners/</a>
Arthritis Comorbidities	<a href="http://www.cdc.gov/arthritis/data_statistics/comorbidities.htm">http://www.cdc.gov/arthritis/data_statistics/comorbidities.htm</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).

This publication was supported by Cooperative Agreement Number DP000607 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.