

# Arthritis Among Adults in Colorado

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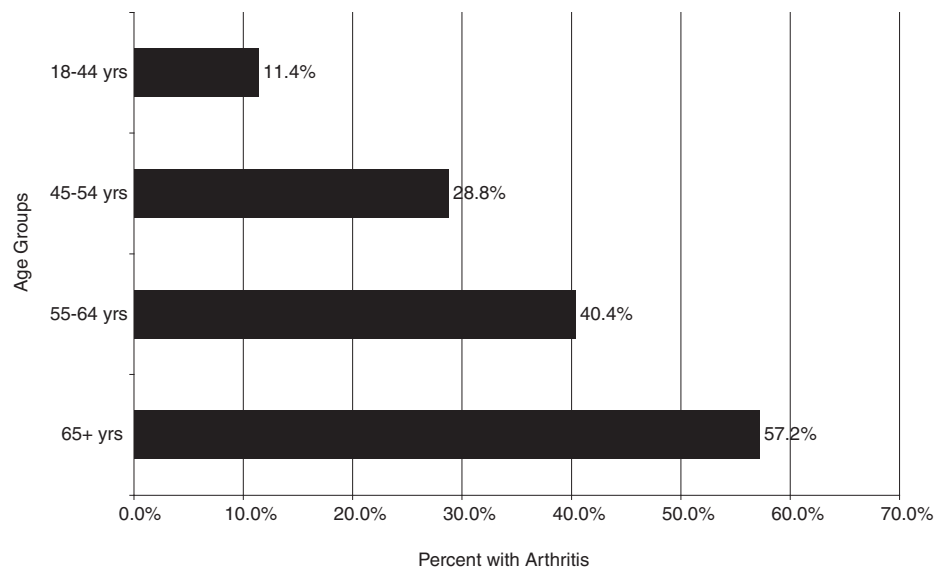
## Introduction

Almost one-fourth (24.6%) of adults in Colorado have been diagnosed by a doctor or other health professional with some form of arthritis.<sup>1</sup> Arthritis causes pain, stiffness, and sometimes swelling in or around joints and is the leading cause of disability in the United States. The information in this report is from the Colorado Behavioral Risk Factor Surveillance System (BRFSS), which is a joint project of the Colorado Department of Public Health and Environment (CDPHE) and the Centers for Disease Control and Prevention (CDC). The Behavioral Risk Factor Surveillance System is the world's largest ongoing telephone health survey of adults ages 18 and older.

## Among the Findings

Over 835,000 Colorado adults (1 in 4 persons) suffer from arthritis diagnosed by a health professional. Fifty-seven percent (57%) of those ages 65 years and older suffer from arthritis. An additional 734,000 adults report possible arthritis (chronic joint pain but no diagnosis of arthritis provided by a doctor).

Percent of adults with arthritis by age group: Colorado BRFSS 2003



## References

<sup>1</sup> Based on the question, “Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”

<sup>2</sup> Drisko, Jodi and Chris Wells. Prevalence and Effects of Arthritis in Colorado: Results from the Behavioral Risk Factor Surveillance System, 2001, Health Watch No. 47, Sept. 2002. Colorado Department of Public Health and Environment.

<sup>3</sup> The Health Statistics Section joins the Centers for Disease Control and Prevention in recognizing that race and ethnicity do not represent valid biological or genetic categories but are social constructs with cultural and historical meaning.

## Additional Information

For more information about arthritis in Colorado visit the Colorado Department of Public Health and Environment’s Arthritis Program Web site at <http://www.cdphe.state.co.us/pp/arthritis/arthritisom.asp>

For more information about the Colorado BRFSS, visit the Colorado Department of Public Health and Environment Web site at [www.cdphe.state.co.us](http://www.cdphe.state.co.us) and click on “Health and Disease Statistics”, or contact the Health Statistics Section at the Colorado Department of Public Health and Environment, 303-692-2160.

Among adults with arthritis in Colorado:

- 34 percent are limited in their usual activities because of arthritis; and
- 28 percent report that arthritis affects their work.

Adults with arthritis, compared to those without arthritis, are more likely to:

- be physically inactive (13% vs. 8%); and
- report their health as fair or poor (21% vs. 9%).

As the population ages, it is estimated that increasing numbers of people will be affected by arthritis.<sup>2</sup>

## Prevalence of arthritis among Colorado adults: BRFSS 2003

	Percent	95% Confidence Interval	
<b>Persons with Arthritis</b>	24.6	23.2	26.0
<b>Female</b>	26.6	24.6	28.5
<b>Male</b>	22.6	20.6	24.7
<b>Age (years)</b>			
18-44	11.4	9.9	13.0
45-54	28.8	25.6	32.0
55-64	40.4	36.2	44.6
65+	57.2	52.9	61.4
<b>Race/Ethnicity<sup>3</sup></b>			
White/non-Hispanic	27.6	26.0	29.3
Hispanic	12.3	9.3	15.3
Black/non-Hispanic	19.3	9.8	28.8
Other	20.5	13.7	27.4
<b>Level of Education (years)</b>			
Less than High School	18.3	13.6	23.0
High School Graduate	27.6	24.6	30.6
Some College	27.8	24.9	30.7
College Graduate	21.8	19.6	23.9
<b>Annual Household Income</b>			
<\$15,000	31.2	25.5	36.9
\$15-24,999	23.4	19.5	27.2
\$25-34,999	22.6	18.5	26.6
\$35-49,999	27.7	24.0	31.4
\$50,000+	22.1	19.9	24.2
<b>Body Mass Index (BMI)</b>			
Neither Overweight nor Obese (<25)	20.3	18.3	22.2
Overweight (25 - 29.9)	25.7	23.3	28.2
Obese (>=30.0)	35.5	31.3	39.8