

How to Live, Work, and Play While Coping with Arthritis

**Satellite Conference and Live Webcast
Wednesday, April 25, 2012
2:00 – 4:00 p.m. Central Time**

**Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division**

Faculty

**Samille J. Jackson
Arthritis Control Program Manager
Alabama Department of Public Health**

Arthritis

- **Not a single disease**
 - **Consists of over 100 distinct conditions**
- **Does not affect all individuals in the same manner**

Arthritis

- **Affects a multitude of tissues, organs, and body systems including ligaments and tendons, the back and spine, the heart, lungs, skin, and kidneys**
- **May affect fingers, toes, ears, nose, nipples, and knees**

Arthritis

- **May cause dry eyes and a dry mouth**
- **Characterized by muscular pain and fatigue, sudden attacks of pain and tenderness, redness, warmth, and joint swelling**
- **Risk factors such as nutrition, physical activity, and co-morbidities should also be considered when addressing arthritis**

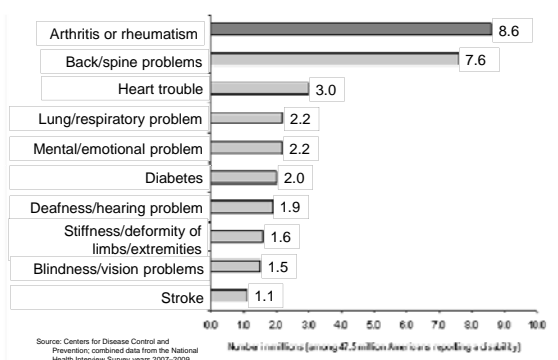
Types of Arthritis

- **Osteoarthritis**
- **Ankylosing Spondylitis**
- **Childhood Arthritis**
- **Fibromyalgia**
- **Gout**
- **Infectious Arthritis**
- **Lupus**

Types of Arthritis

- Lyme Disease
- Psoriatic Arthritis
- Raynaud’s Phenomenon
- Reactive Arthritis or Reiter’s Syndrome
- Rheumatoid Arthritis
- Scleroderma
- Sjögren’s Syndrome

Top 10 Causes of Disability among US Adults



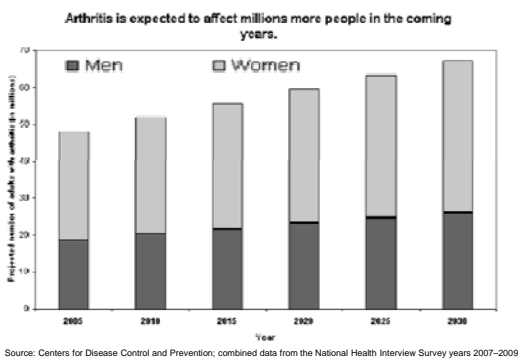
National Statistics

- An estimated 50 million adults in the United States have some form of arthritis
- Limits the activities of nearly 21 million adults in the United States
 - Expected to grow to 67 million by the year 2030

National Statistics

- Affects people of all ages, races, and both genders
 - Of all cases, 30% were men and 38% were women
 - More than 300,000 children

Growth of Arthritis



Arthritis in Alabama

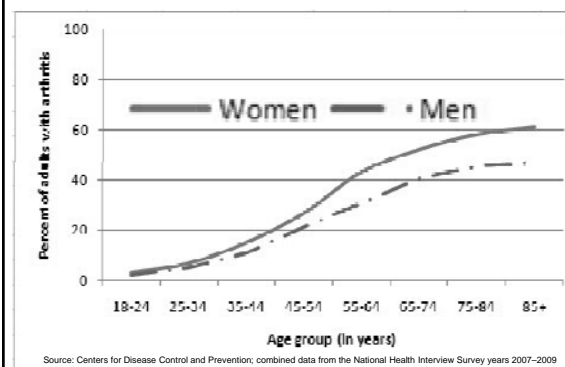
- 1,162,000 people or 34% of adults diagnosed with arthritis (2009)
 - 26% of adults in the United States
- 50% of Alabamians (~578,000) were limited and could not do at least one of nine daily functional activities due to their arthritis

Arthritis in Alabama

- Arthritis is universal, but there are dramatic increases with age
- Arthritis affects an estimated 5,000 - 6,000 children in Alabama

– Data taken from the Centers for Disease Control and Prevention's 2009 Behavioral Risk Factor Surveillance Survey (BRFSS)

Arthritis: Men vs. Women



Arthritis in Alabama

- Arthritis diagnosis by ethnicity
 - Caucasians: 35%
 - African-Americans: 29%
 - Hispanics: 30%

Arthritis in Alabama

- Adults diagnosed with arthritis:
 - 15% between ages 18 - 44
 - 44% between ages 45 - 64
 - 59% over age 64

Arthritis in Alabama

- Adults diagnosis by educational attainment:
 - 47% less than a high school education
 - 35% high school education
 - 30% more than a high school education

– Data taken from the Centers for Disease Control and Prevention's 2009 Behavioral Risk Factor Surveillance Survey (BRFSS)

Arthritis Control Program

- Alabama Department of Public Health and the Coordinated Chronic Disease Program have re-established the Arthritis Control Program to combat arthritis in the state

Arthritis Control Program

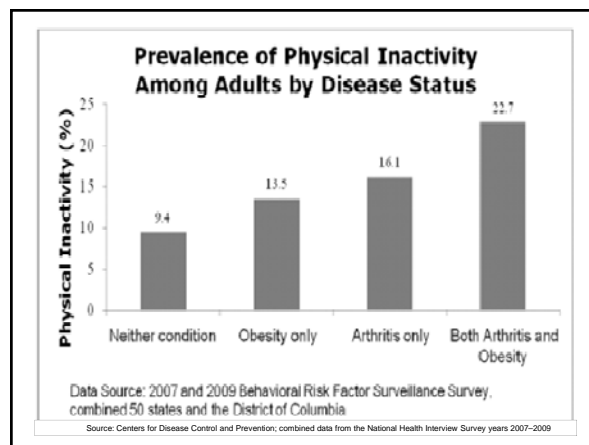
- Developed partnerships to create a multidisciplinary infrastructure that facilitates effective and efficient development of innovative strategies to target chronic disease

Arthritis Control Program

- The Arthritis Control Program is building its coalition and working to coordinate efforts with other chronic disease programs in the state
 - Co-morbidity is prevalent among people with arthritis
 - Four most common: heart disease, respiratory conditions, diabetes, stroke

Arthritis Control Program

- Co-morbidities often due to shared risk factors
 - Most common risk factors: high blood pressure, physical inactivity, high cholesterol, obesity, and smoking



Contact Us

Samille J. Jackson
Phone: (334) 206-5658
Samille.Jackson@adph.state.al.us
adph.org/arthritis

Arthritis Prevention Unit
Alabama Department of Public Health
201 Monroe Street, Suite 960 P
Montgomery, Alabama 36104