

Arthritis and Associated Health Conditions and Risks Among Rhode Island Adults in 2007



Rhode Island Department of Health
Center for Health Data and Analysis and RI Arthritis Action Program
May 2008

Introduction

This report presents data on the demographics, health status and health conditions of adult Rhode Islanders with and without doctor diagnosed arthritis (DDA). It is based on data from Rhode Island's 2007 Behavioral Risk Factor Surveillance System (BRFSS).

About the BRFSS: The BRFSS is a telephone survey administered in all 50 states and 4 U.S. territories with funding and specifications from the Centers for Disease Control and Prevention (CDC). The BRFSS monitors the prevalence of behavioral health risks that contribute to the leading causes of disease and death among adults 18 years and older in the United States. Rhode Island has participated in the BRFSS since 1984.

Rhode Island's BRFSS: From January - December 2007, the Rhode Island BRFSS conducted random-digit dialed telephone interviews with 4,499 RI adults; 3,183 were 45 and older. Rhode Island's 2007 survey was conducted by a professional survey firm under contract to the Rhode Island Department of Health.

In this Report: Respondents were defined as having DDA if they said "yes" to 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?" Rates of DDA for demographic subgroups, and data for twenty health indicators by arthritis status for adults 45 and older are presented here. "Error" bars represent the 95% confidence limits around the estimates, meaning there is a 5% chance the true value is NOT included within the span of the error bar.



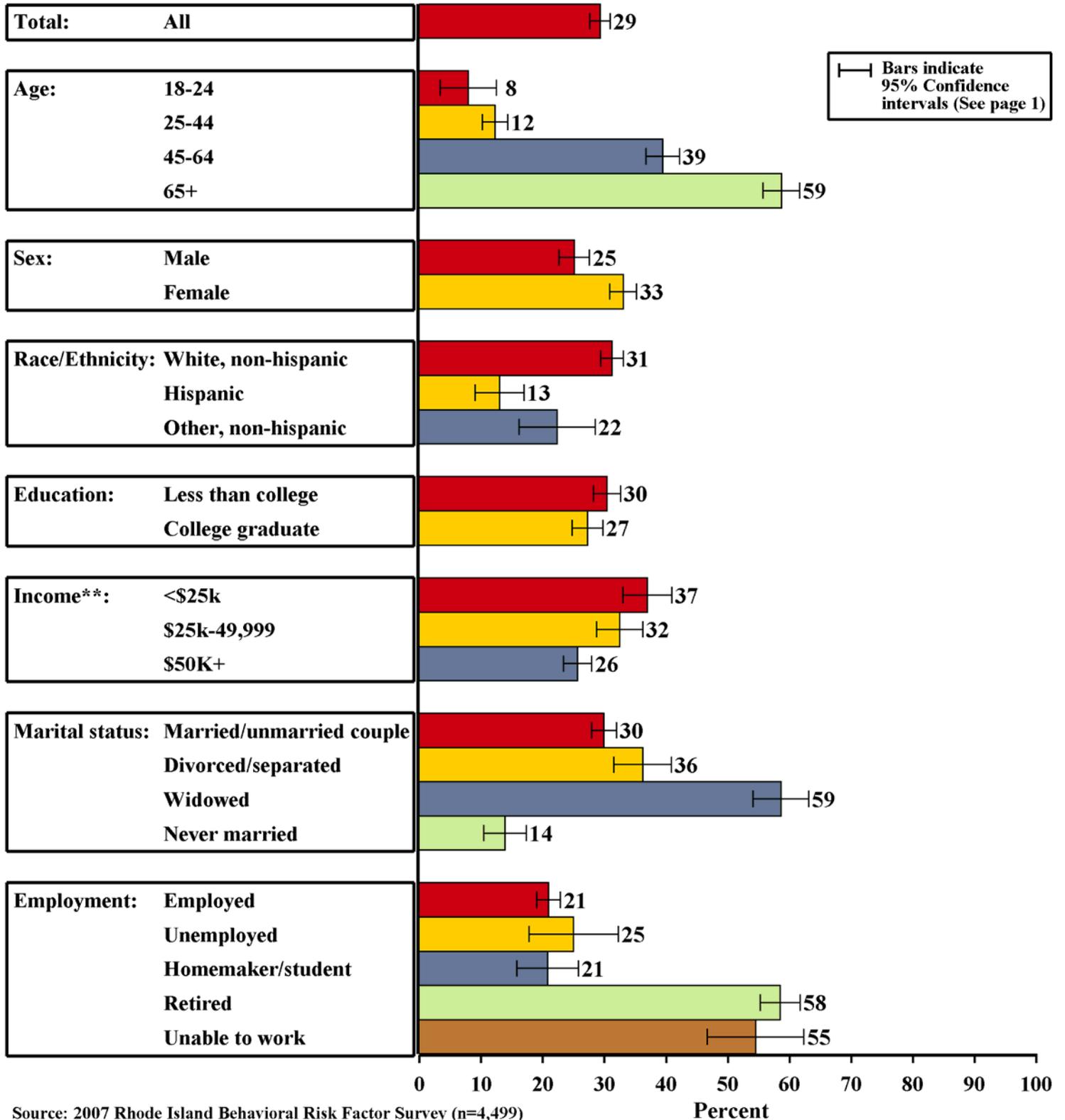
The RI BRFSS is funded in part by the Chronic Disease Prevention and Health Promotion Programs Cooperative Agreement #U58/CCU122791 from the Centers for Disease Control and Prevention. Go to <http://www.health.ri.gov/chic/statistics/brfss.php> and <http://www.health.ri.gov/webquery/index.html> for this report and other RI BRFSS data. For more information on methods, definitions, national or state data, go to CDC's BRFSS website <http://www.cdc.gov/brfss>, or contact the Center for Health Data and Analysis, RI Department of Health (401-222-2550). This report was prepared by JE Hesser, Ph.D. and Y Jiang, Ph.D.

Highlights

- ❖ The prevalence of doctor-diagnosed arthritis (DDA) increased markedly with age. 59% of adults ages 65 or older reported DDA. Women (33%) reported arthritis more often than men (25%). A significantly higher proportion (31%) of White non-Hispanics reported DDA than either Hispanics (13%) or Other non-Hispanics (22%). (Fig 1)
- ❖ Among adults 45 +, those with DDA more often reported fair or poor general health (29% vs. 12%), and 14+ days of poor physical health (21% vs. 9%), or poor mental health (12% vs. 8%), in the prior month. They more often reported activity limitations because of physical, mental or emotional problems (39% vs. 13%). Adults with DDA more often required the use of special equipment (19% vs. 5%), and experienced joint symptoms (74% vs. 29%). (Fig 2)
- ❖ Adults 45+ with DDA more often reported being sedentary (33%) than those without DDA (23%), and more were overweight (70% vs. 61%) or obese (31% vs. 20%). (Fig 2) A significantly higher percent of those with DDA reported diabetes (16% vs. 9%), asthma (12% vs. 7%), high blood pressure (53% vs. 38%), high cholesterol (51% vs. 43%), or coronary heart disease (11% vs. 5%). (Fig 3)
- ❖ People with DDA or with joint symptoms lasting more than 3 months were asked about doctor's advice they had received and about management of their symptoms. A doctor had advised 35% of people with arthritis to lose weight; and 58% to exercise, compared with 25% and 43% respectively of persons reporting persistent joint symptoms. 11% of people with DDA had ever taken a class on symptom-management compared with 5% of others with joint symptoms. A quarter (26%) of people with DDA said they could do only some or hardly any of the things they like to do. (Fig 3)

Figure 1

Arthritis* Among Rhode Island Adults within demographic subgroups -- 2007



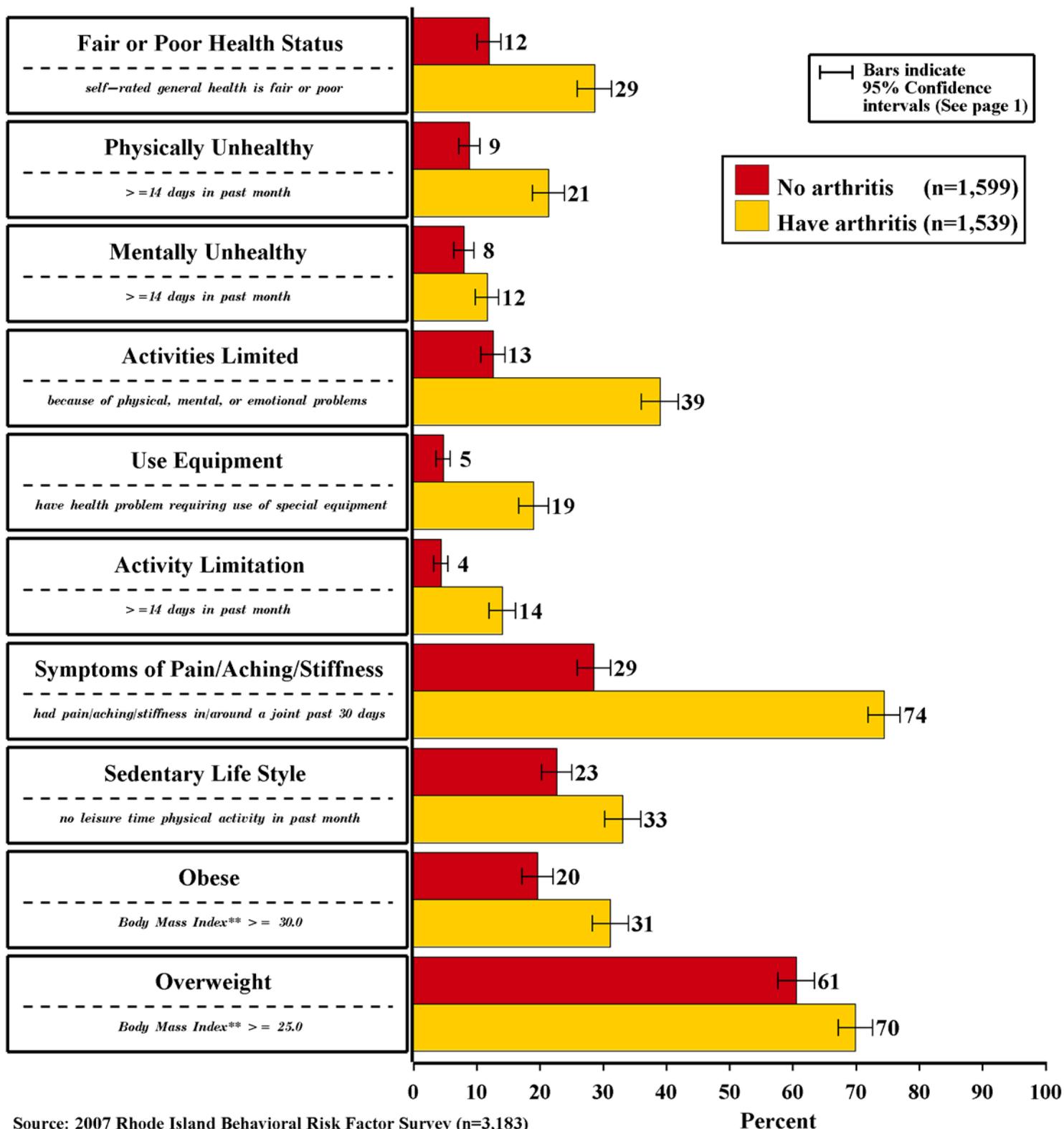
Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=4,499)

* Ever been told by doctor has arthritis

** Annual household

Figure 2

Health Risks Among Rhode Island Adults (Ages 45 and older) with/without arthritis* -- 2007



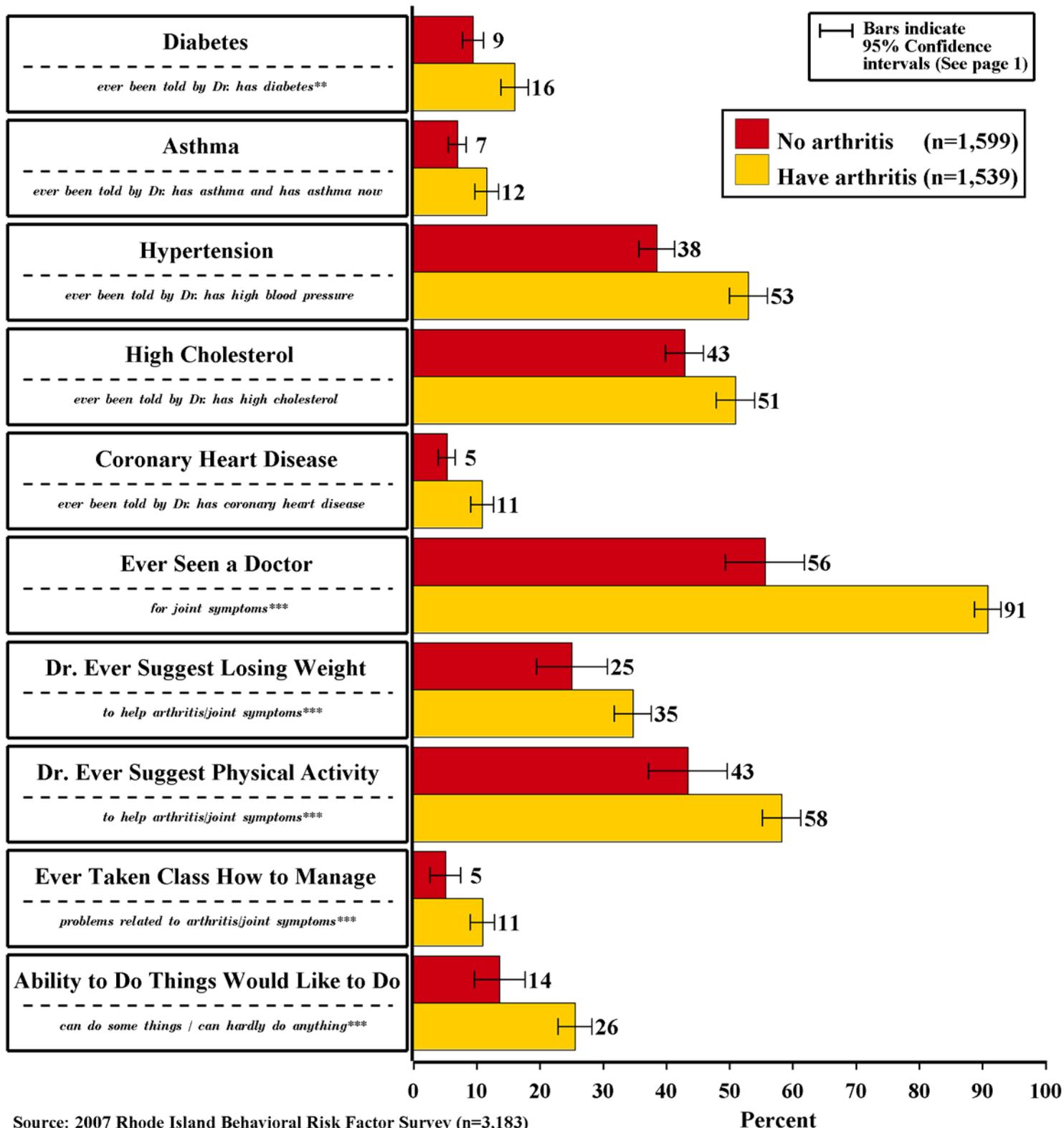
Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=3,183)

* Ever been told by doctor has arthritis

** Body Mass Index = weight in kilograms / (height in meters)²

Figure 3

Health Risks Among Rhode Island Adults (Ages 45 and older) with/without arthritis* -- 2007



Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=3,183)

* Ever been told by doctor has arthritis

** Other than during pregnancy

*** For those with arthritis and joint symptoms lasting more than 3 months (n=1,014)