

A MINUTE OF HEALTH WITH CDC

Go Light on the Joints

State-Specific Trends in Obesity Prevalence Among Adults with Arthritis — United States, 2003–2009

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It's the perfect public health storm. Obesity, arthritis, and physical inactivity have combined to create a major problem among an aging US population. Approximately 50 million adults have arthritis and more than 72 million are obese. Obesity among adults with arthritis makes the disease progress more quickly, which can lead to activity limitations, increased pain, and disability. A healthy diet and regular exercise can result in weight loss and slow the progression of problems associated with arthritis. If you're suffering from arthritis, talk to your health care provider about ways to shape up and feel better.

Thank you for joining us on A Minute of Health with CDC.

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