CDC Vital Signs
Arthritis in America

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Everyone knows someone with arthritis; about 54 million adults in the United States have it. The majority are between the ages of 18 and 64. Arthritis is a leading cause of disability, and causes pain, aching, stiffness, and swelling of the joints. Many people with arthritis have diabetes, heart disease, or obesity. Arthritis can make it harder to manage these conditions. It is *not* a normal part of aging.

Physical activity, like walking, swimming, or biking, may not seem like the logical choice when you have arthritis pain; however, being physically active can decrease pain and improve physical function by about 40 percent. Still, one in three adults with arthritis are inactive. People with arthritis can also reduce their symptoms by participating in educational programs to learn how to better manage their condition and deal with pain, fatigue, anxiety, and depression.

To learn more, visit cdc.gov/vitalsigns.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.