What is Arthritis?
Arthritis includes more than 100 rheumatic diseases and conditions affecting joints, the surrounding tissues and other connective tissues. The three most common types of arthritis are osteoarthritis, fibromyalgia and rheumatoid arthritis.

Early diagnosis and appropriate treatment are important in managing arthritis. Physicians now believe that damage to bones begins within the first two years a person has the disease. Early diagnosis can decrease symptoms and long-term complications. A person with possible arthritis* should see a health care professional if symptoms of pain or swelling in multiple joints on both sides of the body develop.

* The Illinois Arthritis Initiative defines a case of arthritis as arthritis diagnosed by a doctor and possible arthritis as having symptoms of pain, aching, stiffness or swelling in or around a joint that were present within the past 30 days and have been present for three or more months but without doctor diagnosis.

Arthritis Prevalence
In 2002, 22.7 percent of Illinois adults (about 2.1 million people) suffered from doctor-diagnosed arthritis, and another 9.1 percent (about 850,000 people) had possible arthritis but had not yet been diagnosed. The chart below compares the prevalence of doctor-diagnosed and possible arthritis among Illinois adults and West Central Illinois Arthritis Foundation branch service area (serving Adams, Brown, Hancock, McDonough, Pike, and Schuyler counties) adults.

Arthritis and Activity Limitation
Arthritis is the leading cause of disability in the United States. Accordingly, activity limitation is increased among persons with doctor-diagnosed arthritis compared to those reporting no apparent arthritis. An objective of Healthy People 2010 is to reduce the proportion of adults with doctor-diagnosed arthritis who experience activity limitation due to arthritis or joint symptoms to 30 percent. The chart below shows the percentage of adults with doctor-diagnosed arthritis, possible arthritis and no apparent arthritis reporting activity limitation in Illinois compared to those in the West Central Illinois branch service area.
Arthritis and Weight Status
There is an association between obesity and certain types of arthritis including osteoarthritis and gout. Excess body weight increases the pressure and stress on weight-bearing joints.

Body mass index (BMI) is an indicator of weight status calculated using both body weight and height. Overweight is defined as having a body mass index between 25 and 29.9. Obese is defined as having a body mass index of 30 or greater.

Among Illinois adults with doctor diagnosed arthritis, 38.4 percent are overweight and an additional 33 percent are obese. The chart below compares the weight status of Illinois adults with doctor-diagnosed arthritis with adults in the West Central Illinois branch service area.

<table>
<thead>
<tr>
<th>Weight Status</th>
<th>Illinois Adults</th>
<th>West Central IL Branch Service Area Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight/Normal</td>
<td>28.5%</td>
<td>33.0%</td>
</tr>
<tr>
<td>Overweight</td>
<td>38.4%</td>
<td>37.6%</td>
</tr>
<tr>
<td>Obese</td>
<td>33.0%</td>
<td>27.0%</td>
</tr>
</tbody>
</table>


Arthritis and Physical Activity Levels
Exercise is important for maintaining healthy and strong muscles, for preserving joint mobility and for maintaining flexibility. Exercise also can help people to sleep better, to maintain a positive attitude and a healthy weight. It also can reduce pain.

There is an association between physical activity level and arthritis. Those with arthritis report less leisure time activity than those with no apparent arthritis.

Levels of physical activity are defined as:
- **Recommended**: Participating in moderate physical activity at least five times per week for at least 30 minutes or vigorous physical activity at least three times per week for at least 20 minutes.
- **Insufficient**: Some activity but not enough to meet recommendations.
- **Inactive**: Not participating in any physical activity or exercise other than their regular job in the past 30 days.

Only 33.9 percent of Illinois adults with doctor-diagnosed arthritis meet the Healthy People 2010 recommended level of activity. The chart below compares the physical activity level of adults with doctor-diagnosed arthritis in Illinois with adults in the West Central Illinois branch service area.

What Can Be Done?
Arthritis is an important public health problem in Illinois. The Illinois Department of Public Health’s Illinois Arthritis Initiative is committed to decreasing the burden of arthritis in Illinois.

The initiative focuses on increasing awareness about the signs and symptoms of arthritis and the importance of early diagnosis so that persons with possible arthritis can get appropriate diagnosis and management. In addition, the initiative focuses on increasing availability and delivery of evidence-based self-management opportunities for Illinois residents with doctor-diagnosed arthritis to increase quality of life.

More proven public health interventions that are easily accessible and affordable need to be made available at the community level. Fewer than 1 percent of persons with arthritis who could benefit from such interventions receive them. These interventions need to be designed to improve function, decrease pain, and delay disability among persons with arthritis, particularly those at highest risk for functional impairment and disability.

For more information about the Illinois Arthritis Initiative, contact the Illinois Department of Public Health Arthritis Program at 217-782-3300.