



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

**ARTHRITIS PROGRAM
FY 2023 APPROPRIATIONS FACT SHEET
CENTERS FOR DISEASE CONTROL AND PREVENTION**

| FY 2021 | FY 2022 | FY 2023 President's Budget | FY 2023 Request |
|--------------|--------------|----------------------------|-----------------|
| \$11,000,000 | \$11,000,000 | \$11,000,000 | \$16,000,000 |

Arthritis is a leading cause of work-related disability in the United States. 44% of the working adult population with arthritis (aged 18-64 years) report symptoms that may limit the type or amount of work they do or may prevent them from working at all. People can cope with and reduce the symptoms of arthritis through self-management programs, physical activity, and weight loss. But effective interventions for arthritis are drastically underutilized. CDC provides leadership, technical expertise, and cutting-edge science in collaboration with State Health Departments, national organizations, and universities to improve the health and well-being of people with arthritis.

Basic Facts about Arthritis

- About one in four US adults (58.5 million people) have arthritis. By 2040, that number is expected to rise to over 78 million. Nearly two-thirds of people with arthritis are under 65 years old.
- Almost half of adults with diabetes (47%) or heart disease (49%) and one-third of obese adults also have arthritis. Physical activity is a crucial element of managing these conditions, and arthritis presents unique barriers to increasing physical activity, thus compounding these chronic diseases.

Cost of Arthritis

- In 2013, arthritis costs in the U.S. \$304 billion per year, nearly \$140 billion in direct medical costs and \$164 billion in lost earnings. These costs are expected to increase substantially because of the aging population and increases in obesity and physical inactivity.

Quality of Life Can Be Improved for People with Arthritis

- Effective interventions for arthritis are drastically underutilized. Self-management education programs have been demonstrated to improve health status and increase health behaviors, while physical activity has significant benefits for people with arthritis. In addition, weight control and injury prevention addressed in these programs can lower risks and improve symptoms.
- More widespread use of evidence-based interventions by increasing access and availability could improve the quality of life for millions of people with arthritis.
- Early diagnosis and management can decrease disability associated with arthritis.

CDC's Arthritis Program

- CDC currently funds 13 states to expand the reach of proven, evidence-based self-management education programs, such as the Chronic Disease Self-Management Program (CDSMP) and physical activity programs, such as Walk With Ease and EnhanceFitness®. For example, using CDC state arthritis funding, the Utah State Department of Health is collaborating with the University of Utah Community Clinics to deliver CDSMP through a system of more than 12 clinics.
- CDC works with national partners to disseminate evidence-based programs through national networks and systems of care. Since 2011, the YMCA, through a partnership with NACDD and the CDC, began to offer the evidence-based EnhanceFitness™ intervention to adults with arthritis in YMCAs in eight states and now is offering this intervention nationwide through its national network of state associations and local branches. As of January 2019, EnhanceFitness™ has been disseminated to 380 YMCA sites and nearly 60 non-YMCA sites in 45 states. CDC and NACDD also are partnering with the National Recreation and Parks Association to implement the AF Exercise Program, Walk with Ease, Fit and

Strong, and Active Living Every Day programs in local park agencies to increase the reach of these interventions. Thus far, these interventions have been offered in more than 240 local parks and recreation agencies in 48 states and American Samoa, with plans to expand.

- CDC conducts surveillance and epidemiological analyses to assess the burden of arthritis, including the impact on different population groups and those that may be underserved. CDC also conducts research to evaluate new modes of physical activity and self-management awareness and promotion for people with arthritis to ensure the newest state of the science and the maximum reach for effective programs.

CDC and stakeholders have a continuing commitment to improving quality of life for people with arthritis. Using proven strategies of self-management education, physical activity, injury prevention and weight management, public health can help achieve healthier lives for millions of Americans. With an increase of \$5 million over the FY 2022 level, CDC's Arthritis program would be able to:

- Improve access and availability of proven interventions for people with arthritis by funding a total of 19 states and five national organizations to disseminate effective public health approaches through large systems of care, worksites, and national networks with local sites for implementation.
- Create an Arthritis Management Research Network to develop and evaluate interventions and activities that improve provider involvement and referrals, assess benefits to comorbid conditions like diabetes and heart disease, and improve existing arthritis self-management and physical activity among adults with arthritis.

For more information, visit: <http://www.cdc.gov/arthritis/>

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