

ARTHRITIS

Background

One in five U.S. adults (54 million people) have arthritis, and arthritis is a leading cause of work-related disability in the United States. In 2030, it is projected that approximately 25% of American adults will have a disability due to osteoarthritis (the most common form of arthritis). By 2040, the number of people with arthritis is expected to rise to over 78 million. Approximately 60% of people with arthritis are under 65 years old, and 220,000 children in the United States have arthritis.

CDC Programs to Address Arthritis

Since 2012, in collaboration with states and national partners, CDC has reached more than 200,000 adults with proven interventions that can improve arthritis management and quality of life. CDC's [Division of Population Health](#) (DPH) oversees the Arthritis Well-Being and Management Program which funds 12 states and five national organizations to expand the reach of proven physical activity and self-management education programs. Increased CDC funding would help to sustain and expand the Arthritis Well-Being and Management Program to additional states. This would help to reduce arthritis cases, avoid losses of productivity for the U.S. economy, and significantly cut healthcare costs because arthritis is the second leading most expensive condition-based hospital expenditure.

Preventing Arthritis

The most common forms of arthritis are caused by preventable factors, such as weight gain, smoking, inactivity, and high blood sugar, with up to 40% of rheumatoid arthritis cases being preventable. The Centers for Disease Control and Prevention (CDC) works to prevent occurrences of arthritis cases and 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.

The Cost of Arthritis

- In 2013, arthritis costs in the United States totaled \$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.
- In 2013, osteoarthritis was the second most costly medical condition treated in U.S. hospitals, accounting for 4.3% (\$18.4 billion) of all hospitalization costs (\$415 billion).
- The annual economic cost of arthritis surpasses that of tobacco-related health effects, cancer, and diabetes.