

State of Illinois

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Department of Public Health

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Illinois Arthritis Data Report

The Burden of Arthritis in Illinois in 2005

December 2007

Acknowledgements

The Illinois Department of Public Health extends its appreciation to those who contributed their time and expertise to this effort.

This report was supported by Grant/Cooperative Agreement Number U58/CCU522815 from the U.S. Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

To learn more about the Illinois Arthritis Initiative contact the Illinois Department of Public Health, Arthritis Program at 217-782-3300, TTY 800-547-0466.

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December 2007

Dear Colleague:

On behalf of the Illinois Department of Public Health, Office of Health Promotion, Division of Chronic Disease Prevention and Control, I am pleased to share with you the "Illinois Arthritis Data Report: The Burden of Arthritis in 2005."

Arthritis is the leading cause of disability and affects the quality of life of the person with this condition. It is estimated that there are 2.35 million Illinois adults with doctor diagnosed arthritis, who make up about 25 percent of the Illinois adult population. This report will be utilized to increase awareness of arthritis as a public health issue and provide direction for future program planning.

The Department's Arthritis Program and the combined efforts of many partners provided the information for this report. It represents a coordinated approach to assess arthritis and other related health outcomes, such as physical activity and obesity from the Illinois Behavioral Risk Factor Surveillance System for the year 2005.

The Department would like to extend its sincere appreciation to those who served on the planning committee and contributed time and expertise to the development of this report.

Sincerely,

A handwritten signature in black ink that reads "Damon T. Arnold, M.D., M.P.H." The signature is written in a cursive style.

Damon T. Arnold, M.D., M.P.H.
Director

EXECUTIVE SUMMARY

This *Illinois Arthritis Data Report* describes the burden of arthritis in Illinois in 2005 and is based on 2005 Illinois Behavioral Risk Factor Surveillance System (BRFSS) data unless otherwise noted.

Highlights of the report are as follows:

- More than 2.3 million adults have doctor-diagnosed arthritis (24.8 percent of the adult population), an increase from 2.2 million in 2002.
- Total knee replacements increased by more than 25 percent and hip replacements by more than 13 percent from 2003 to 2005.
- Arthritis is the leading cause of disability in the United States. Of all persons reporting doctor-diagnosed arthritis, 33.2 percent stated their activities were limited because of their joint symptoms.
- While arthritis can affect persons of all ages, including children, the prevalence increases with age. The prevalence of doctor-diagnosed arthritis ranges from 5.7 percent among persons aged 18 to 24 to 55.6 percent among persons aged 65 and older.
- Arthritis is more prevalent among those with less education and lower income levels.
- The prevalence of doctor-diagnosed arthritis is higher in rural areas than in urban areas.
- Among adults with doctor-diagnosed arthritis, 35.1 percent are obese compared to 24.3 percent of all adults.
- There is a tremendous economic burden of arthritis. The Centers for Disease Control and Prevention (CDC) has estimated the direct cost of arthritis in Illinois to be \$1.7 billion and the indirect cost to be \$1 billion.
- Although evidence-based self-management programs exist, few adults report taking a class to help manage their arthritis or joint symptoms.

Much work needs to be done to increase awareness among persons with chronic joint symptoms about the importance of early diagnosis and appropriate management, to educate and encourage persons with joint symptoms to participate in physical activity and maintain an ideal weight, and to educate providers about the availability of self-management classes and encourage referral. The Illinois Arthritis Initiative continues to address these and other goals to reduce the burden of arthritis in Illinois.

The Illinois Arthritis Initiative

The mission of the Illinois Arthritis Initiative is to improve the quality of life for Illinoisans affected by arthritis. The Illinois Arthritis Initiative Partnership consists of more than 80 members representing more than 60 agencies and organizations. The partnership provides leadership for overall program coordination and implementation and meets twice yearly. In addition, four work groups (Surveillance and Data, Public Education, Professional Development, and Public Policy and Infrastructure) address specific arthritis-related issues.

Purpose of This Report

This is the third comprehensive *Illinois Arthritis Data Report* to describe the burden of arthritis in the state. The burden of arthritis includes economic and social factors, such as costs of health care and time lost from work due to arthritis, and decreased quality of life and activity limitations. Findings from this report will be used to plan future self-management and public

