

Arthritis in Minnesota

What is arthritis?

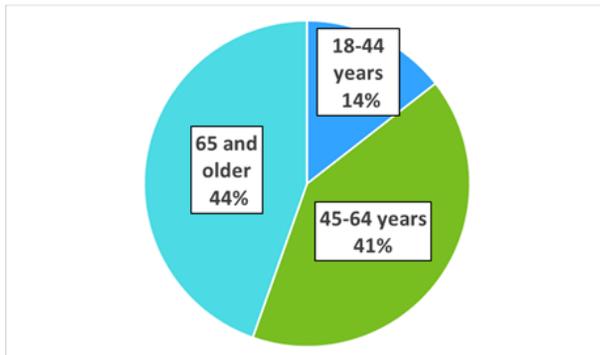
Arthritis is a condition that affects joints and tissue around the joint. There are more than 100 types of arthritis, like osteoarthritis, rheumatoid arthritis, gout, fibromyalgia and juvenile arthritis.¹

Prevalence in Minnesota

1 in 5 adults in Minnesota lives with arthritis.⁵

- Nearly 2,100 children in MN live with arthritis.^{3,4}
- 19.7% (830,000) of Minnesota adults have ever been diagnosed with arthritis.⁵
- Arthritis is more common among older adults.

Arthritis affects nearly as many 45-64 year-olds as adults 65 and older⁵



Age	Percentage
18-44 years	14.3%
45-64 years	40.5%
65 or more years	44.0%

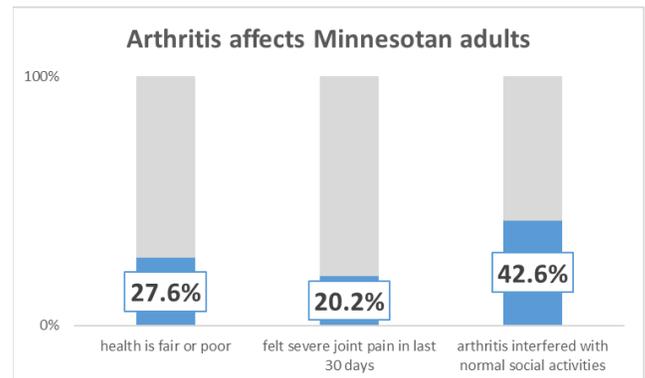
Arthritis can affect all aspects of life

Work and wellbeing

Arthritis can affect whether a person works, how much they work, or the type of work they can do. In Minnesota, this is true for:

- 4 in 10 adults ages 18-64 years⁵
- 2 in 10 adults over the age of 65 years⁵

Minnesota adults with arthritis say arthritis affects their day-to-day life⁵



Effect on daily life	Percentage of people living with arthritis reporting
Fair or poor health	27.6%
Severe joint pain in last 30 days	20.2%
Interfered with social activities	42.6%

Costs

On average, U.S. working age adults (18-64) with osteoarthritis **lose \$4,672 in wages each year** because of arthritis.⁶

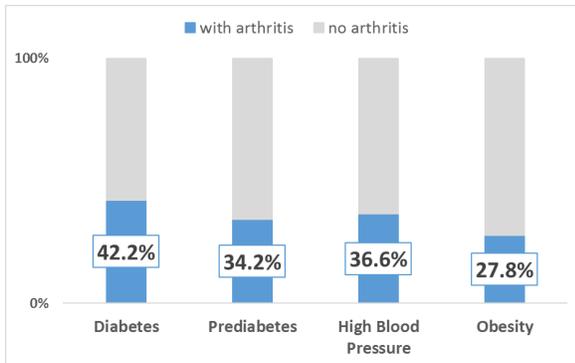
Managing arthritis adds **more than \$11,000 a year** to per-person health care costs.⁶

Arthritis and other health conditions often go together

Many Minnesota adults with diabetes, prediabetes, hypertension and obesity have arthritis. These conditions can be improved with physical activity.

Arthritis can make managing chronic conditions more challenging.^{1,8}

About 1 in 3 MN adults with chronic conditions have arthritis⁵



Chronic Condition	Percentage of people living with arthritis
Diabetes	42.2%
Prediabetes	34.2%
High Blood Pressure	36.6%
Obesity	27.8%

Physical activity can help manage arthritis symptoms

Physical activity can lessen pain, boost mood, improve function, help manage other conditions and improve overall quality of life.¹

2 in 3 Minnesota adults living with arthritis are physically active.⁵

Minnesota adults with arthritis who are physically active and do not have difficulty walking:

- report high joint pain less often
- say they have excellent or good health more often

“Some physical activity is better than none.”

Centers for Disease Control & Prevention (CDC)⁷

Walking is one easy way to be active.

- About 1 in 2 adults with arthritis in Minnesota say walking is 1 of their top 2 ways to be active.⁵
- However, less than 2 in 10 have ever taken a class to teach them about how to manage arthritis.⁵

References

1. CDC, [Arthritis Basics webpage](#)
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7. CDC, [Arthritis Management webpage](#)
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9. CDC, [Physical Activity for Arthritis webpage](#)

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