

Arthritis On The Rise



Accessible version: <https://www.cdc.gov/arthritis/communications/infographics/arthritis-on-rise-infographic.html>

The number of US adults with arthritis increased from
54.4 million to 58.5 million.



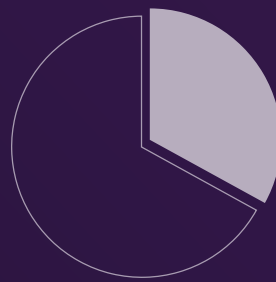
The number of US adults whose activities are limited because of arthritis increased faster than previously projected from
23.7 million to 25.7 million.

Physical activity can help ease arthritis symptoms and delay arthritis-related disability.

Physical activity can decrease pain, increase range of motion and function, and improve quality of life.



Among physically active US adults with arthritis, **walking** is the most common activity (71%), followed by **gardening** (13%) and **weight lifting** (7%).



33%

of US adults with arthritis are **not** physically active

Theis KA, Murphy LB, Guglielmo D, et al. Prevalence of Arthritis and Arthritis-Attributable Activity Limitation — United States, 2016–2018. MMWR Morb Mortal Wkly Rep 2021;70(40):1401-1407

Guglielmo D, Murphy LB, Theis KA, et al. Walking and Other Common Physical Activities Among Adults with Arthritis — United States, 2019. MMWR Morb Mortal Wkly Rep 2021; 70(40):1408-1414

For more information
visit cdc.gov/arthritis



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion