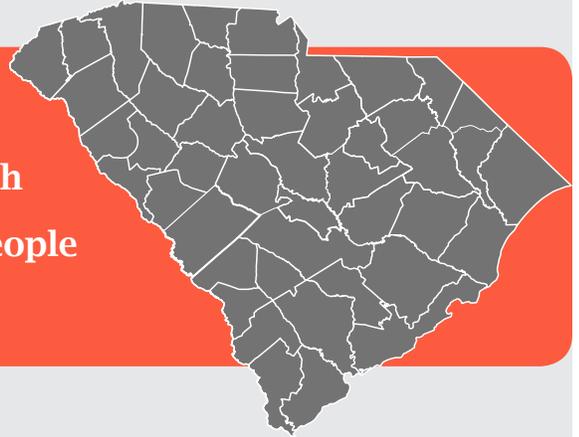
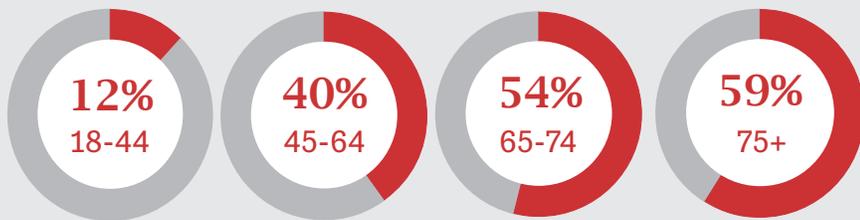


# Arthritis in South Carolina

South Carolina has the **6th highest** rate of arthritis in the nation.<sup>1</sup> About **1,110,000** South Carolina adults have arthritis.<sup>2</sup> Arthritis affects people of all ages, sexes and racial groups.<sup>3</sup>



The arthritis rate increases with age.<sup>2</sup>



More women have arthritis than men.<sup>2</sup>



Adult Arthritis by Race<sup>2</sup>



**FACT:** Arthritis is a term that refers to more than 100 conditions affecting joints, tissues that surround the joints, and other connective tissues.

## RISK FACTORS OF ARTHRITIS



Age



Obesity



Family History



Injury



Overuse & Muscle Weakness

More adults with less education have arthritis.<sup>2</sup>



41%

Less than High School



31%

High School Education



27%

More than High School

**FACT:** People with arthritis are limited in their ability to do daily activities, such as standing, bending, walking and climbing stairs.<sup>3</sup>

# FACT: Arthritis is the nation's No. 1 cause of disability.<sup>3</sup>

45% of South Carolina working age adults have some work limitations due to arthritis.<sup>2</sup>

## TYPES OF WORK LIMITATIONS



Ability to Work



Type of Work



Number of Work Hours

24% of South Carolina adults with arthritis have social participation restrictions.<sup>2</sup>

## TYPES OF SOCIAL RESTRICTIONS



Going to a Movie



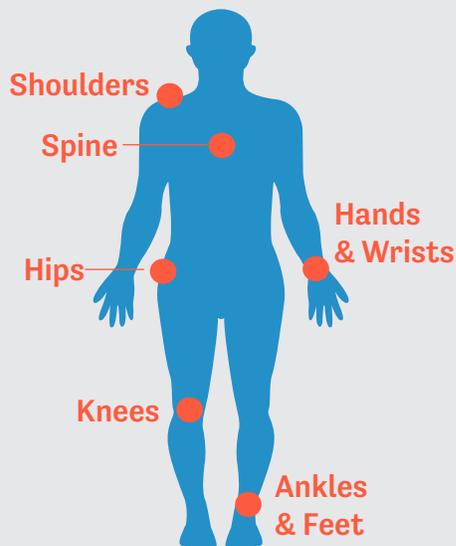
Visit with Friends



Shopping

# FACT: Overweight people are more likely to develop arthritis.<sup>3</sup>

36% of South Carolina adults with arthritis have severe joint pain.<sup>2</sup>



15% of all South Carolina adults with arthritis have limited physical activity.<sup>2</sup>



Physical activity can relieve pain and maintain or improve function for people with arthritis.<sup>3</sup>

1. National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, Centers for Disease Control and Prevention ([http://www.cdc.gov/arthritis/data\\_statistics/state-text.htm#one](http://www.cdc.gov/arthritis/data_statistics/state-text.htm#one)).

2. Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention, 2013.

3. Arthritis Foundation, [www.arthritis.org](http://www.arthritis.org), 2015.



[www.scdhec.gov](http://www.scdhec.gov)

[www.eatsmartmovemore.org](http://www.eatsmartmovemore.org)