South Carolina has the 10th highest rate of arthritis in the nation. About 1,104,660 South Carolina adults have arthritis. Arthritis affects people of all ages, sexes and racial groups.

The arthritis rate increases with age.

- **10%** 18-44
- **39%** 45-64
- **52%** 65-74
- **59%** 75+

More women have arthritis than men.

- **25%** Caucasian Non-Hispanic White
- **33%** African American Non-Hispanic Black
- **13%** Hispanic

**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.

- **43%** Less than High School
- **29%** High School Education
- **25%** 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.
**FACT:** Arthritis is the nation’s No. 1 cause of disability.³

40% of South Carolina working age adults have some work limitations due to arthritis.²

**TYPES OF WORK LIMITATIONS**

- Ability to Work
- Type of Work
- Number of Work Hours

50% of South Carolina adults with arthritis have social participation restrictions.²

**TYPES OF SOCIAL RESTRICTIONS**

- Going to a Movie
- Visit with Friends
- Shopping

**FACT:** Overweight people are more likely to develop arthritis.³

36% of South Carolina adults with arthritis have severe joint pain.²

55% of South Carolina adults with arthritis are limited in their activities because of arthritis/joint pain.²

- Shoulders
- Spine
- Hands & Wrists
- Hips
- Knees
- Ankles & Feet

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