



**More than 1 in 5 Rhode Island adults have been diagnosed with arthritis.**

**Are you one of them?**

### **What can I do?**

Learning how to manage your arthritis is key to being in control of your health and reducing symptoms. This includes proper eating, appropriate physical activity, and managing your medications.

### **What resources are available?**

Disease management and exercise programs are offered across Rhode Island. These programs are especially helpful with managing arthritis and chronic conditions. The programs below specialize in healthy eating, physical activity, and disease management:

- Chronic Disease Self-Management (English & Spanish)
- Walk with Ease
- EnhanceFitness
- Arthritis Foundation Exercise Program

Learn more about programs that can help you by calling the **Health Information Line at 401-222-5960**.

### **What results can I expect?**

Completion of these programs will help you:

- Improve self-confidence
- Increase physical activity
- Maintain and manage your weight
- Decrease outpatient and hospital visits
- Manage and prevent chronic conditions



**71%**

**of Rhode Islanders diagnosed with arthritis also have at least one other chronic condition.**

- **55%** of Rhode Island adults with arthritis also have high blood pressure.
- **18%** of Rhode Island adults with arthritis also have diabetes.
- **16%** of Rhode Island adults with arthritis also have heart disease.

For more information on disease management programs, call the **Health Information Line** at **401-222-5960**.



**health.ri.gov**