

# Rhode Island Department of Health Disease Management Programs for Patients with Arthritis

Arthritis is a chronic disease that encompasses over 100 conditions that affect the joints and connective tissue. Arthritis and other rheumatic conditions include fibromyalgia, gout, osteoarthritis, rheumatoid arthritis, and lupus. Severity of symptoms depend on the type of arthritic condition. Typical symptoms include pain, stiffness, and swelling in and around joints.<sup>1</sup> Currently doctor-diagnosed arthritis is self-reported by patients each year through the Behavioral Risk Factor Surveillance System.<sup>2</sup>



## Arthritis in the United States

- **52.5 million (22.7%) adults in the United States have reported doctor-diagnosed arthritis.**<sup>2</sup>
- **22.7 million US adults with doctor-diagnosed arthritis also have arthritis-attributable activity limitations (AAAL).**<sup>3</sup>
- **Two-thirds of people with arthritis are younger than 65.**<sup>2</sup>



## Arthritis in Rhode Island

- **27.4% (226,523) of Rhode Island adults have doctor-diagnosed arthritis.**<sup>4</sup>
- **58.1% of Rhode Island adults with arthritis have also been diagnosed with diabetes or hypertension.**
- **48.6% of Rhode Island adults with arthritis are limited in usual activities due to arthritis.**<sup>5</sup>

## Risk Factors for Arthritis

- **Age:** Risk of developing arthritis increases with age.
- **Gender:** 60% of people with arthritis are women. Gout is an arthritic condition that is more common in men.
- **Genetic:** Certain genes can cause increased risk for specific types of arthritis.<sup>6</sup>
- **Obesity:** Excess weight may increase risk of osteoarthritis of the knee in women. Obesity contributes to the onset of gout in men.<sup>7</sup>
- **Joint Injuries:** Joint injuries and damage to ligaments and cartilage increase risk of osteoarthritis.<sup>6</sup>

## Arthritis Resources in Rhode Island

- **The Chronic Disease Self-Management Program** is a lifestyle improvement program that targets adults with arthritis and other chronic conditions. The program covers health topics including physical activity, healthy eating, and medication management. Completion of this evidence-based program has proved to decrease hospitalizations, decrease outpatient visits, and decrease days spent in the hospital.
- **The Walk with Ease Program** introduces participants to walking as exercise. The program motivates participants to walk 3 times a week at a pace and length of time that is suitable for them. The program promotes physical activity and weight management which is essential for managing arthritis.
- **EnhanceFitness** promotes exercise for older adults of all fitness levels. Instructors work with the participants to increase strength, improve balance, boost activity levels, and elevate mood.

**To refer a patient, call the Rhode Island Department of Health Arthritis Program at: 401-222-4520 or email Jasmine Franco at [Jasmine.Franco@health.ri.gov](mailto:Jasmine.Franco@health.ri.gov)**



1 Arthritis in General. Centers for Disease Control and Prevention Website. <http://www.cdc.gov/arthritis/basics/general.htm> Updated November 13, 2014. Accessed May 31, 2016.

2 Barbour KE, Helmick CG, Boring M, Zhang X, Lu H, Holt JB. Prevalence of Doctor-Diagnosed Arthritis at State and County Levels — United States, 2014. MMWR Morb Mortal Wkly Rep 2016; 65:489–494.

3 Arthritis Awareness Month — May 2016. MMWR Morb Mortal Wkly Rep 2016; 65:489.

4 Rhode Island Behavioral Risk Factor Surveillance System. 2014.

5 Rhode Island Behavioral Risk Factor Surveillance System. 2013.

6 Arthritis Foundation, Association of State and Territorial Health Officials, Centers for Disease Control and Prevention. National Arthritis Action Plan: A Public Health Strategy. Atlanta, GA. Arthritis Foundation, 1999.

7 "Risk Factors." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 09 May 2016. Web. 01 June 2016.