

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF

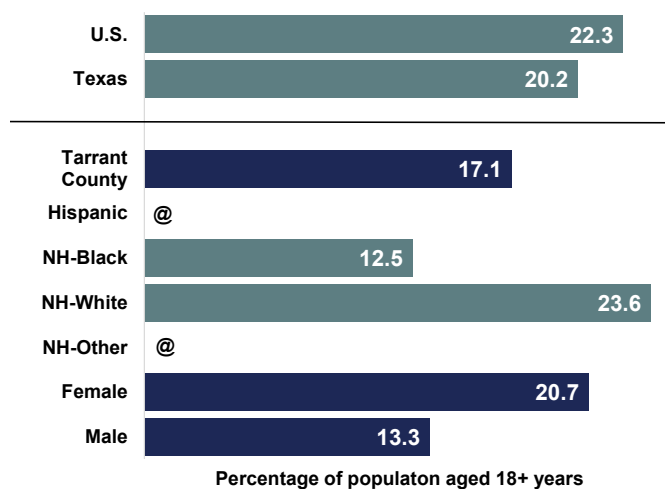


ARTHRITIS IN TARRANT COUNTY

ARTHRITIS is a general term for conditions that affect the joints, tissues around the joints, and other connective tissues. Arthritis is a leading cause of disability, and causes pain, aching, stiffness, and swelling of joints, but is not a normal part of aging. There are more than 100 types of arthritis. Specific symptoms vary depending on arthritis type. The most common types are osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia.

- **17%** of Tarrant County adults have been diagnosed with some form of arthritis and of those diagnosed, **41%** reported activity limitations due to arthritis or joint symptoms
- Arthritis prevalence in Tarrant County (**17%**) was **significantly lower** compared to the U.S. (**22%**)
- Among Tarrant County adults with some form of arthritis:
 - **69%** received a physical activity or exercise suggestion from a healthcare professional
 - **17%** have taken an educational course or class to manage problems related to arthritis or joint pains
 - **38%** of adults reported arthritis-attributable work limitations on the amount of work or type of work they do

Figure 1. Arthritis prevalence among adults aged 18 years and older, 2020[†]



@ = number too small to calculate reliable estimates; NH = Non-Hispanic

Arthritis prevalence was highest among **women, non-Hispanic Whites, adults aged 65+ years, and adults unable to work**

What are signs and symptoms of arthritis?



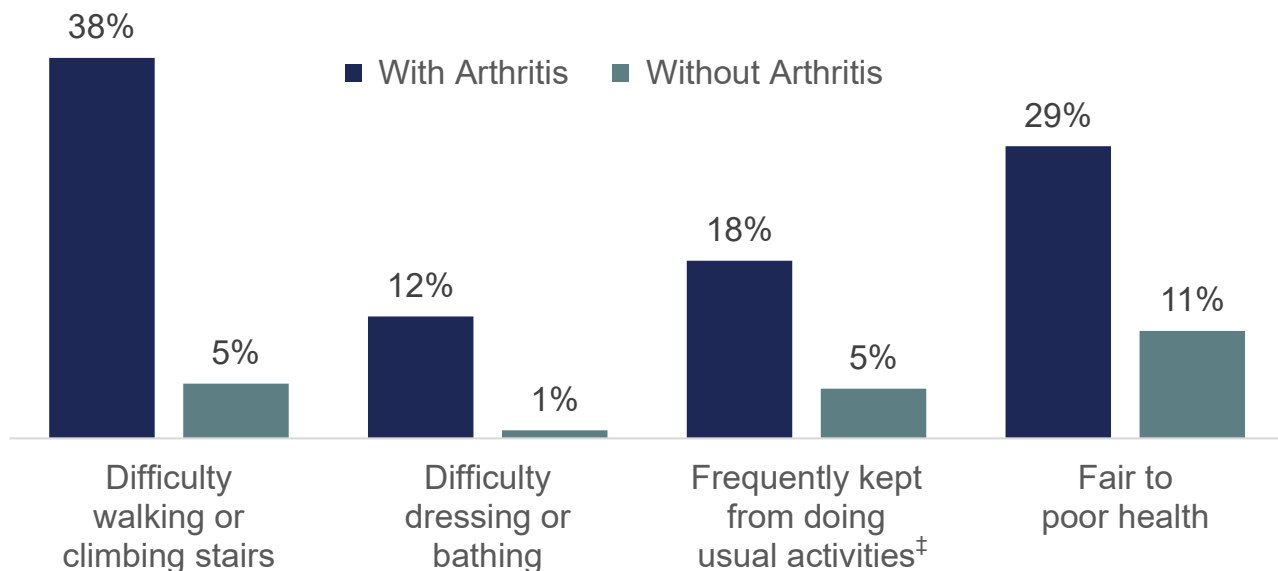
[†]Diagnosed by a health professional with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
All significant differences detected at the 95% confidence level
Data sources: Centers for Disease Control and Prevention, Tarrant County Behavioral Risk Factor Surveillance System, 2020; Data Brief provided by: Division of Epidemiology and Health Information

Risk Factors for Arthritis



Modifiable risk factors include smoking, joint injuries, overweight and obesity that can be controlled by making lifestyle changes which help to decrease the risk of getting some types of arthritis or making arthritis worse.

Figure 2. Adverse health outcomes reported by significantly more adults WITH arthritis compared to adults WITHOUT arthritis, Tarrant County, 2020[†]



Managing Arthritis

- **Be active**
Physical activity is a simple and effective, drug-free way to relieve arthritis pain
- **Talk to your doctor**
Talk to your doctor if you have joint pain or arthritis symptoms to get an accurate diagnosis to start treatment
- **Manage your weight**
Losing weight reduces stress on joints and can reduce pain
- **Protect your joints**
Low-impact activities have a low risk of injury
Avoid repetitive motion of joints
- **Learn new self-management**
Join a self-management education workshop

Resources and Support

- **Tarrant County Public Health: Bone & Joint Health**
[\[https://www.tarrantcounty.com/en/public-health/family-health-services/chronic-disease-prevention/nutrition/live-a-more-colorful-life/bone-and-joint-health.html\]](https://www.tarrantcounty.com/en/public-health/family-health-services/chronic-disease-prevention/nutrition/live-a-more-colorful-life/bone-and-joint-health.html)
- **Health For Me Self-Management Classes**
[\[https://www.tarrantcounty.com/en/public-health/family-health-services/chronic-disease-prevention/health-for-me.html\]](https://www.tarrantcounty.com/en/public-health/family-health-services/chronic-disease-prevention/health-for-me.html)
- **Aging & Disability Resource Center of Tarrant County** [\[https://tarrantcountyadrc.org/\]](https://tarrantcountyadrc.org/)
- **Arthritis Foundation** [\[arthritis.org\]](https://arthritis.org)
- **American College of Rheumatology** [\[rheumatology.org\]](https://rheumatology.org)
- **Centers for Disease Control and Prevention** [\[cdc.gov/arthritis\]](https://cdc.gov/arthritis)

[†]Diagnosed by a health professional with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
[‡]Kept from doing usual activities 14+ days over the previous 30 days; All significant differences detected at the 95% confidence level; Data sources: Centers for Disease Control and Prevention, Tarrant County Behavioral Risk Factor Surveillance System, 2020; Data Brief provided by: Division of Epidemiology and Health Information