

Key Things to Know

- Arthritis is common – 29% of Montana adults have arthritis.
- Anyone can get arthritis, but some groups like older adults are more likely to have arthritis.
- There are significant impacts to health and wellbeing for those who have arthritis.
- There are physical activity programs available across Montana to help manage arthritis.

ABOUT ARTHRITIS

Arthritis is a general term for more than 100 conditions that affect the joints, tissues around the joints, and other connective tissue.¹ Symptoms vary by condition but commonly include joint pain and stiffness.¹ Examples of types of arthritis include osteoarthritis, rheumatoid arthritis, and gout.¹

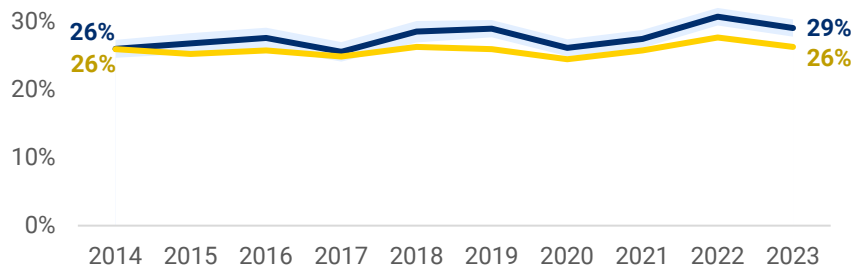
ABOUT THE DATA

Data in this report are from the 2023 (unless otherwise specified) Montana Behavioral Risk Factor Surveillance System (BRFSS). For information about BRFSS – please see the following websites:

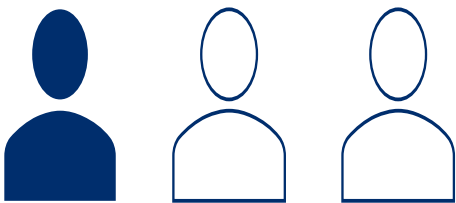
- <https://www.cdc.gov/brfss/index.html>
- <https://dphhs.mt.gov/publichealth/brfss/>

WHAT MONTANA DATA SHOW

Although *Montana* followed *U.S.* trends in arthritis for the past 10 years, *Montana* has a greater percentage of adults with arthritis than the *U.S.*



Almost 1 in 3 (29%)
Montana adults have
arthritis

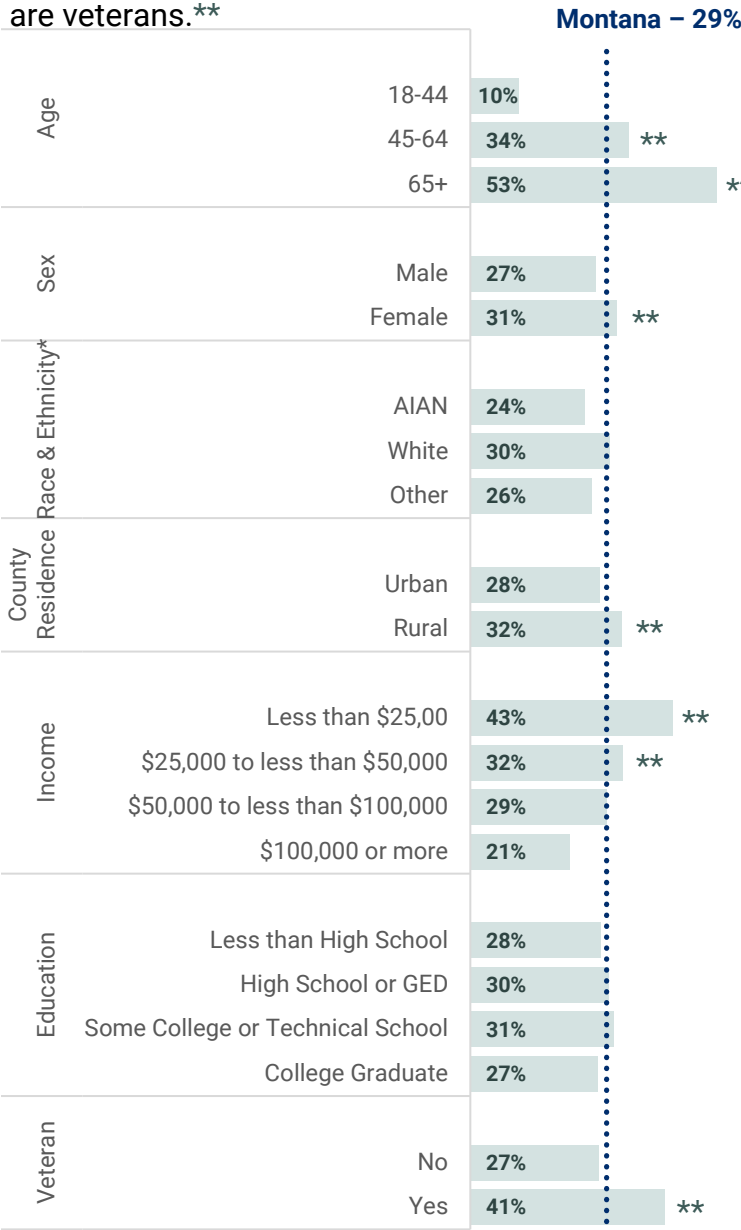


Arthritis in Montana

DEMOGRAPHIC CHARACTERISTICS

Anyone can get arthritis – all ages, sexes, and races.
But arthritis is more common among certain groups.

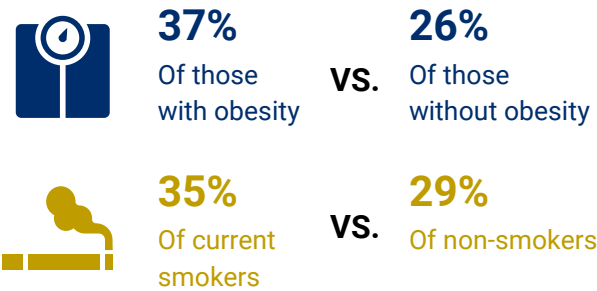
The percentage of arthritis is higher than the **state average** of 29% among adults who: are aged 45 years and older, are female, live in a rural county, have an income of less than \$50,000 per year, and are veterans.**



*AIAN = Non-Hispanic, American Indian Alaska Native race only; White = Non-Hispanic, White race only; Other = Non-Hispanic, other races and Hispanic, all races.
**These groups were found to have a statistically significant association with arthritis.

RISK FACTORS

Body mass index and cigarette smoking are associated with arthritis. People that have a body mass index indicating they have obesity and people who currently smoke are more likely to have arthritis.



HEALTH CARE

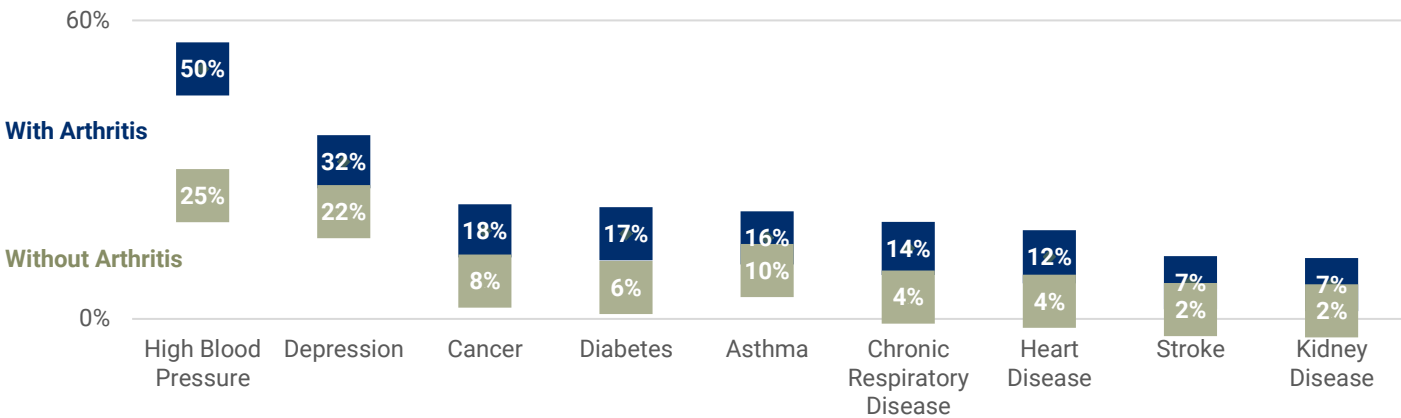
Most (94%) adults with arthritis have insurance.

 **90% of people with arthritis have a primary care provider.**

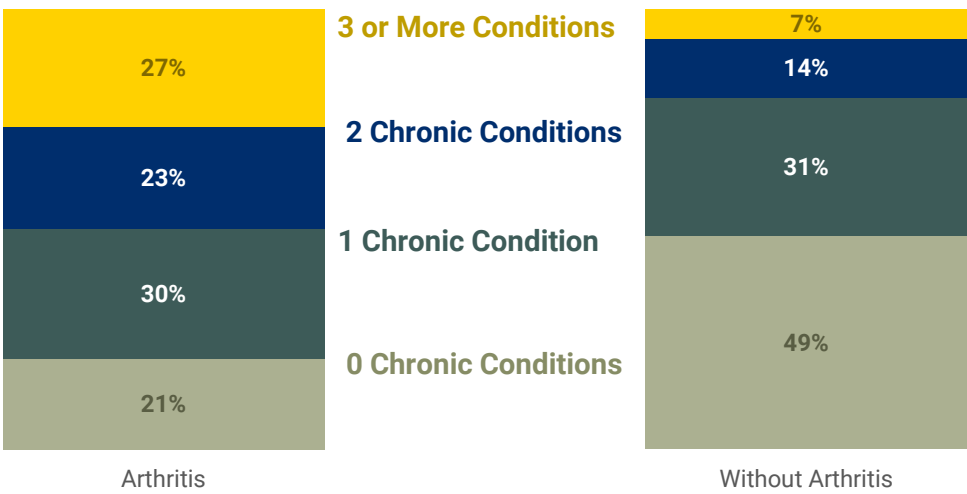
Arthritis in Montana

OTHER CHRONIC CONDITIONS

Those with *arthritis* have a higher percent of other chronic conditions than those *without arthritis*.



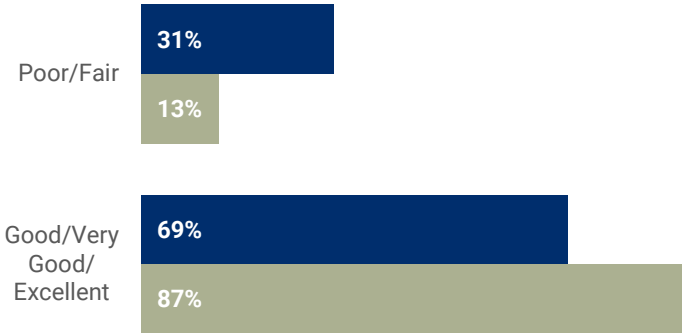
Most (79%) adults with arthritis have another chronic condition. Those with arthritis are more likely to have multiple other chronic conditions than those without arthritis.



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IMPACTS ON HEALTH AND WELLBEING

People with **arthritis** are more likely to report poorer self-rated health than those **without arthritis**.



Adults with arthritis were more likely to have fallen one or more times in the last year than adults without arthritis (41% vs. 25%) and were more likely to have been injured by the fall (42% vs. 31%).

Adults with arthritis report limitations and pain related to their arthritis.

Activity Limitations	43%
Work Limitations	31%
Severe Joint Pain	24%

RESOURCES & REFERENCES

The Montana Arthritis Program supports physical activity programs to manage arthritis:

- Stay Active and Independent for Life (SAIL)
- Tai Chi for Arthritis and Falls Prevention
- Walk with Ease

To find where these physical activity programs are available visit the Montana Arthritis Program website at <http://www.dphhs.mt.gov/publichealth/arthritis>.

References Cited:

1. Centers for Disease Control and Prevention (CDC). (2024). Arthritis Basics. <https://www.cdc.gov/arthritis/index.html>.

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