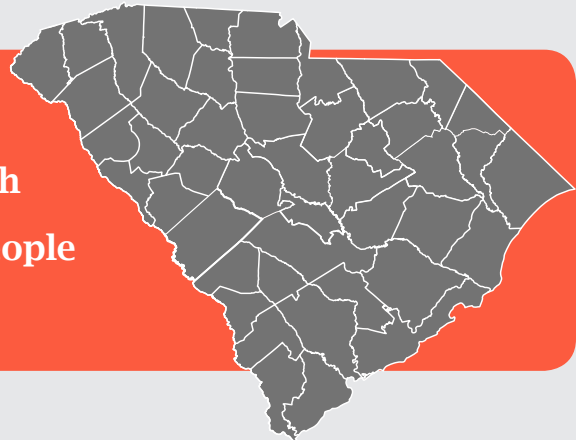


# SCSL Digital Collections

## Arthritis in South Carolina

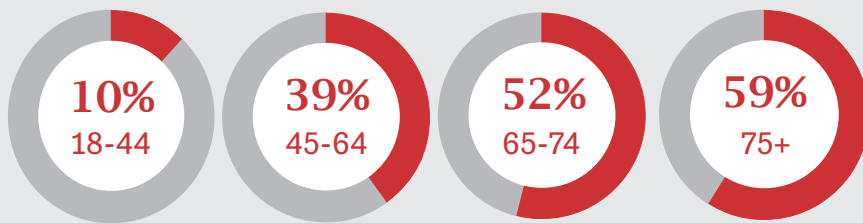
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# Arthritis in South Carolina



South Carolina has the **10th highest** rate of arthritis in the nation.<sup>1</sup> About **1,104,660** South Carolina adults have arthritis.<sup>2</sup> Arthritis affects people of all ages, sexes and racial groups.<sup>3</sup>

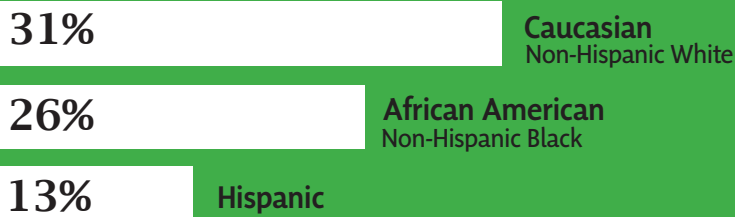
The arthritis rate increases with age.<sup>2</sup>



More women have arthritis than men.<sup>2</sup>



Adult Arthritis by Race / Ethnicity<sup>2</sup>



**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.<sup>2</sup>



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.<sup>3</sup>

# FACT:

Arthritis is the nation's **No. 1 cause of disability**.<sup>3</sup>

**40%** of South Carolina working age adults have some work limitations due to arthritis.<sup>2</sup>

## 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.<sup>2</sup>

## TYPES OF SOCIAL RESTRICTIONS



Going to a Movie



Visit with Friends

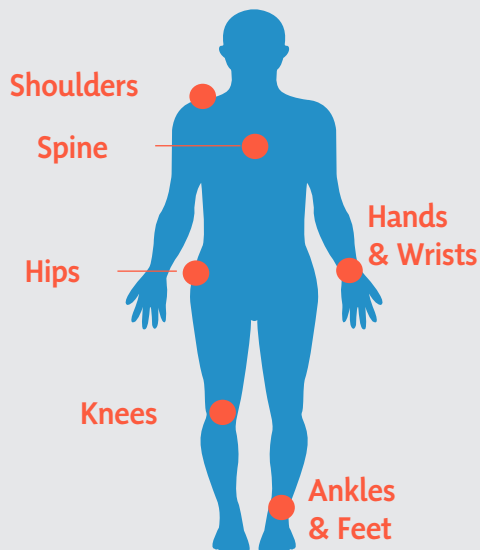


Shopping

# FACT:

**Overweight** people are more likely to develop arthritis.<sup>3</sup>

**36%** of South Carolina adults with arthritis have severe joint pain.<sup>2</sup>



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



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

1. Behavioral Risk Factor Surveillance System (2015), Centers for Disease Control and Prevention. <https://www.cdc.gov/brfss/brfssprevalence/>
2. South Carolina Behavioral Risk Factor Surveillance System (2015), Division of Surveillance, Office of Public Health Statistics and Information Services. South Carolina Department of Health and Environmental Control.
3. Arthritis Foundation (2015). [www.arthritis.org](http://www.arthritis.org).



[www.scdhec.gov](http://www.scdhec.gov)  
[www.eatsmartmovemoresc.org](http://www.eatsmartmovemoresc.org)

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