

DESCRIPTION

Arthritis is an umbrella term for more than 100 diseases and conditions which affect the joints, the tissue surrounding the joint, and connective tissue. Typical symptoms include pain and stiffness in and around one or more of the joints and some rheumatic conditions involve the immune systems and other internal organs. As the population ages, the prevalence of arthritis is expected to increase. Currently an estimated 54.4 million adults have arthritis in the U.S.¹

HOW WE ARE DOING

In Minnesota, 22 percent of adults have arthritis: 25 percent of women and 18 percent of men.¹ In a 2014 survey, 20 percent of Ramsey County residents 25 and older reported having a diagnosis of arthritis or rheumatism. Ramsey County females were more likely than males to report the diagnosis. The percentage of residents with arthritis rises with age: 38 percent of those 55 and older and 50 percent of those 65 and older reported having arthritis or rheumatism. As levels of income and educational attainment rise, the percentage of those reporting arthritis or rheumatism diagnosis lowered.²

DISPARITIES

There are many disparities related to arthritis. Arthritis is more common in women, with 25 percent of women having a diagnosis of arthritis compared to 20 percent of men in Minnesota.¹ Adults 18 and older who are overweight or obese report doctor-diagnosed arthritis more often than adults with a lower body mass index (BMI).³ Among Metro area adults surveyed, about 33 percent of those with only a high school education reported a diagnosis of arthritis compared to 13 percent of those with bachelor's degrees (gap of 20 percentage points). In addition, the rate of arthritis among those with lower household income was 59 percent, compared to 46 percent among those with higher incomes (gap of 13 percentage points).⁴

RISK FACTORS

Some risk factors for arthritis are considered modifiable. This includes excess weight contributing to onset and progression of knee osteoarthritis, having a joint injury and certain infections that can infect the joints. Additionally, certain occupations that involve repetitive knee bending and/or squatting are associated with knee osteoarthritis. Other risk factors are considered non-modifiable, such as age, gender and genetics. Certain genes are associated with particular types of arthritis, such as rheumatoid arthritis, systemic lupus erythematosus and ankylosing spondylitis.

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

Arthritis can be a debilitating condition that affects a person's ability to live safely on their own. Ramsey County Social Services administers the process through which Ramsey County residents may obtain a MnCHOICES assessment, which allows for anyone of any age with a disability to access the support services needed to stay in their homes. MnCHOICES helps make decisions about long-term services that help individuals thrive in their communities. Using complete applicant information MnCHOICES determines if there are publicly-funded programs and services available, and replaces the need for multiple assessments. Saint Paul – Ramsey County Public Health maintains a disease surveillance role, monitoring the prevalence of arthritis in Ramsey County.

Information to note

- In 2014, 20% of Ramsey County residents 25 and older reported being told by a health professional that they had arthritis or rheumatism.
- In a 2014 six county metro survey, there was a higher prevalence of arthritis among these lower incomes and education.

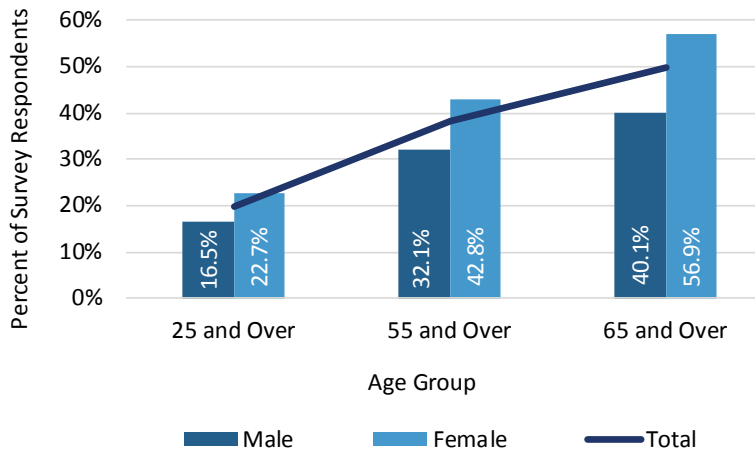
¹ Arthritis. Centers for Disease Control and Prevention. <https://www.cdc.gov/arthritis/basics/index.html>. Accessed August 20, 2017.

² Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed March 7, 2018.

³ Arthritis-Related Statistics. Centers for Disease Control and Prevention. https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm. Accessed November 3, 2017.

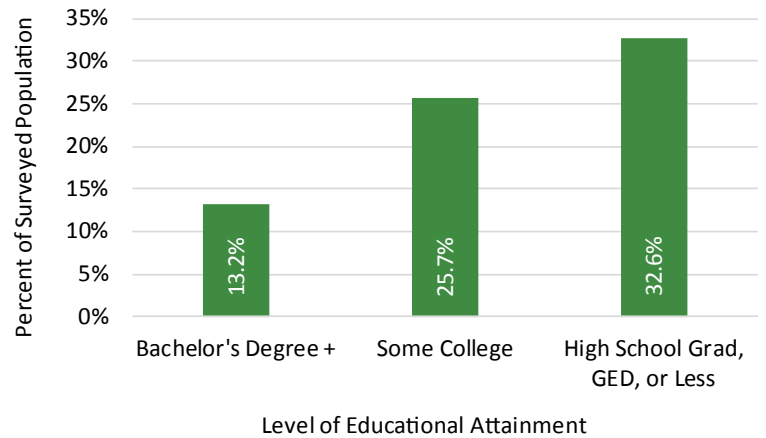
⁴ Metro Public Health Analyst Network. Metro SHAPE Six County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed April 2018.

Individuals With Arthritis, Ramsey County, 2014



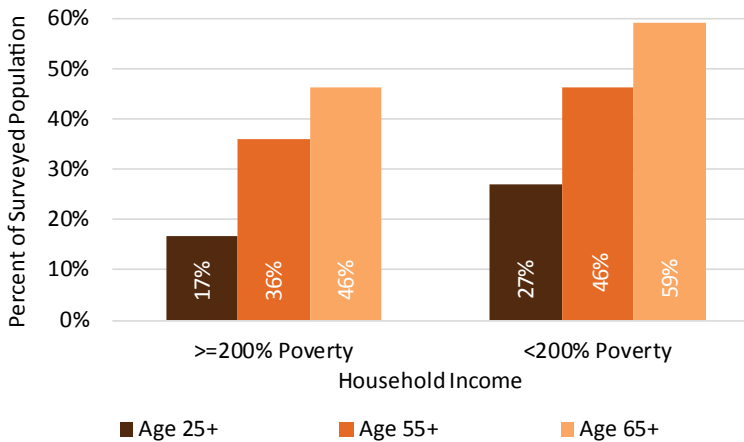
Source: Metro SHAPE Ramsey County Data Book 2014.⁵

Arthritis among Individuals 25 Years or Older by Education, Six-County Metro, 2014



Source: Metro SHAPE Six County Data Book 2014.⁶

Arthritis among Individuals 25 Years or Older by Household Income, Six-County Metro, 2014



Source: Metro SHAPE Six County Data Book 2014.⁶

⁵ Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed March 7, 2018.

⁶ Metro Public Health Analyst Network. Metro SHAPE Six County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed April 2018.