

MMWR | SLIMMING DOWN EASES JOINT PAIN

EXCESS WEIGHT WORSENS ARTHRITIS

2 OF 3 ADULTS WITH ARTHRITIS ARE OVERWEIGHT OR HAVE OBESITY



1/2 HAVE SEVERE JOINT PAIN

PATIENTS NEED ADVICE

LESS THAN 1/2 OF ADULTS WITH ARTHRITIS WHO ARE OVERWEIGHT OR HAVE OBESITY



GET WEIGHT LOSS **ADVICE**

HOW ADVICE HELPS

ADULTS WHO GET WEIGHT LOSS **ADVICE**



ARE **4X** MORE LIKELY TO TRY TO **LOSE WEIGHT**