

# Arthritis effects can be reduced with physical activity.



## Arthritis in daily life

- One-third of adults over age 45 with arthritis report anxiety or depression. About 3 in 10 find stooping, bending, or kneeling very difficult.
- More than 20% of adults with arthritis find it very difficult or cannot walk 3 blocks, such as from a parking deck or subway to work.
- African Americans and Hispanics with arthritis are more limited in their activities due to their arthritis.

## Managing arthritis

- Arthritis aches and pains are not a normal part of aging.
- Physical activity—walking, swimming, biking—is good for arthritis.
- Physical activity can reduce pain and improve function.

## Who has arthritis?

- About 23% of adults have arthritis.
- Nearly 60% of adults with arthritis are women.
- Nearly 60% of people with arthritis are working age.