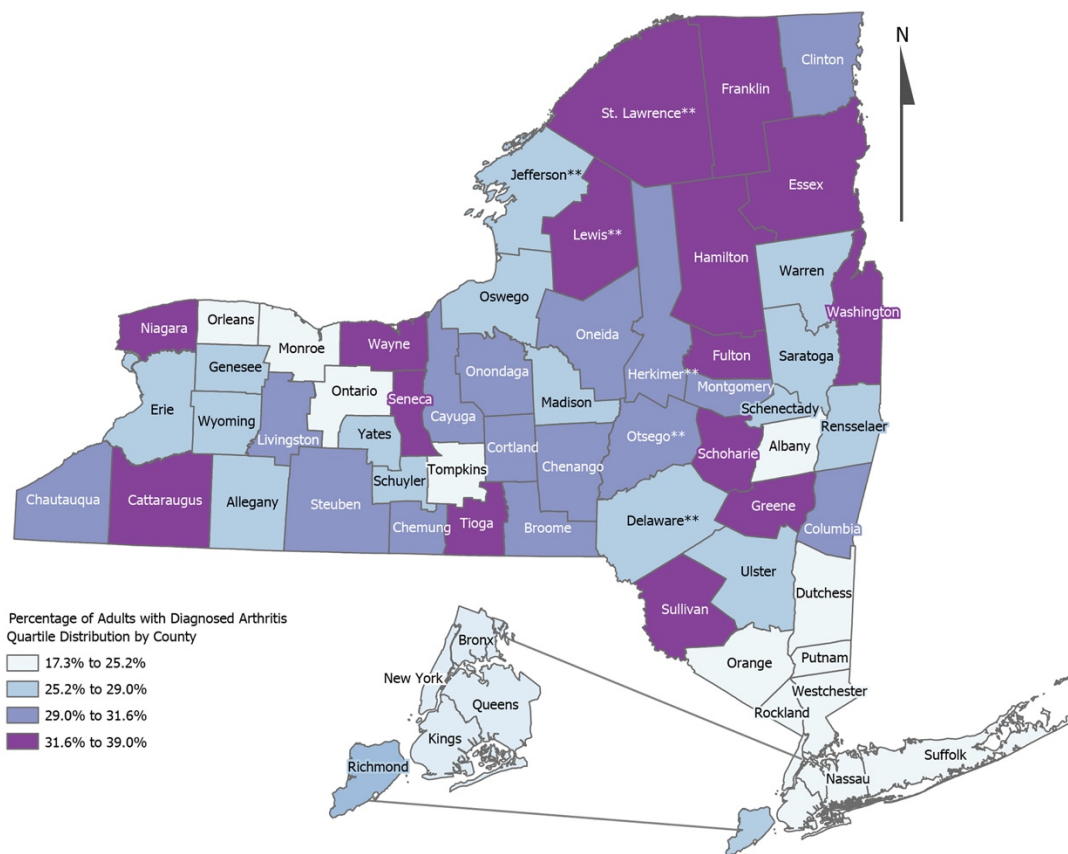


Arthritis is a term used to describe more than 100 chronic diseases and conditions that affect the joints, surrounding tissues, and other connective tissues. Common types of arthritis include osteoarthritis, rheumatoid arthritis, gout, bursitis, and tendinitis. Symptoms of these conditions can include stiffness in the joints, pain, and swelling. Some types of arthritis, such as rheumatoid arthritis, involve the immune system, causing widespread symptoms and impacting multiple organs. The severity and location of symptoms varies, depending on the form of arthritis.<sup>1</sup> The percent of adults with arthritis varies widely across counties in NYS, from 17.2% (Tompkins) to 39.0% (Seneca).

- The five counties with the highest prevalence are: Seneca (39.0%), Washington (35.7%), Hamilton (35.5%), Essex (35.5%), and Wayne (35.3%).
- The five counties with the lowest prevalence are: Tompkins (17.2%), Queens (17.6%), New York (17.7%), Kings (18.1%), and Nassau (19.1%). The prevalence of arthritis in these counties is below the state average, yet the impact may still be high in counties with a large population.

The prevalence of arthritis increases with age, so counties with a larger percentage of adults over 65 years of age tend to have higher rates of arthritis prevalence. The prevalence of arthritis is only one way to measure the burden arthritis. Counties with a lower prevalence or arthritis, but a large population are significantly impacted by arthritis.



### Public Health Opportunity

The NYS Prevention Agenda focuses on promoting chronic disease preventive care and management. Relevant goals include: promoting evidence-based care to prevent and manage arthritis and improve self-management skills for individuals with arthritis in the community setting. [Evidence-based self-management programs](#) are proven to be effective in helping people with arthritis manage their symptoms and take charge of their health. County-level estimates can be used to identify areas of high prevalence, inform program planning, and evaluate the effectiveness of arthritis management activities. Local health departments and their partners can use this information to educate local decision-makers and support NYS Prevention Agenda goals.

**Information**

For more information about arthritis visit: <https://www.health.ny.gov/diseases/conditions/arthritis>

For other reports and information on arthritis visit: [https://www.health.ny.gov/statistics/ny\\_arthritis](https://www.health.ny.gov/statistics/ny_arthritis)

**Contact**

Bureau of Chronic Disease Evaluation and Research, New York State Department of Health, by phone (518) 473-0673 or by email [bcder@health.ny.gov](mailto:bcder@health.ny.gov)

Percentage of Adults with Arthritis, by County, NYS, BRFSS 2018

County	Percentage of adults with arthritis	95% CI	County	Percentage of adults with arthritis	95% CI
ALBANY	23.9	[20.3 - 27.6]	NIAGARA	32.3	[26.8 - 37.8]
ALLEGANY	27.0	[21.3 - 32.6]	ONEIDA	31.6	[27.0 - 36.2]
BRONX	20.0	[17.2 - 22.8]	ONONDAGA	29.4	[24.6 - 34.2]
BROOME	29.6	[24.8 - 34.3]	ONTARIO	25.2	[19.4 - 31.1]
CATTARAUGUS	33.1	[27.9 - 38.3]	ORANGE	21.5	[17.6 - 25.4]
CAYUGA	30.4	[25.0 - 35.9]	ORLEANS	25.2	[17.8 - 32.5]
CHAUTAUQUA	30.6	[26.1 - 35.2]	OSWEGO	25.4	[19.3 - 31.4]
CHEMUNG	29.4	[24.5 - 34.2]	OTSEGO	29.8	[24.1 - 35.5]
CHENANGO	30.9	[25.6 - 36.3]	PUTNAM	21.2	[15.3 - 27.1]
CLINTON	30.6	[25.9 - 35.4]	QUEENS	17.6	[15.4 - 19.8]
COLUMBIA	29.1	[23.2 - 35.0]	RENSSELAER	29.0	[23.7 - 34.2]
CORTLAND	31.3	[22.5 - 40.1]	RICHMOND	27.1	[21.9 - 32.3]
DELAWARE	26.3	[21.1 - 31.6]	ROCKLAND	23.5	[19.0 - 28.1]
DUTCHESS	23.9	[19.6 - 28.2]	SARATOGA	27.1	[22.9 - 31.2]
ERIE	26.6	[23.0 - 30.2]	SCHENECTADY	27.6	[22.6 - 32.7]
ESSEX	35.5	[29.3 - 41.6]	SCHOHARIE	35.0	[25.5 - 44.6]
FRANKLIN	32.7	[27.1 - 38.3]	SCHUYLER	27.8	[20.9 - 34.7]
FULTON	33.0	[27.9 - 38.0]	SENECA	39.0	[30.2 - 47.8]
GENESEE	28.9	[22.0 - 35.7]	ST LAWRENCE	31.8	[26.8 - 36.9]
GREENE	34.2	[27.3 - 41.2]	STEUBEN	30.8	[26.2 - 35.5]
HAMILTON	35.5	[26.7 - 44.4]	SUFFOLK	24.3	[21.4 - 27.1]
HERKIMER	29.6	[23.9 - 35.2]	SULLIVAN	35.3	[28.7 - 41.9]
JEFFERSON	26.3	[21.8 - 30.9]	TIOGA	34.8	[27.9 - 41.8]
KINGS	18.1	[16.1 - 20.2]	TOMPKINS	17.2	[13.6 - 20.9]
LEWIS	33.5	[25.1 - 42.0]	ULSTER	26.8	[22.1 - 31.6]
LIVINGSTON	29.9	[22.6 - 37.2]	WARREN	28.1	[23.0 - 33.2]
MADISON	28.6	[20.5 - 36.6]	WASHINGTON	35.7	[29.4 - 41.9]
MONROE	24.6	[20.5 - 28.7]	WAYNE	35.3	[28.5 - 42.1]
MONTGOMERY	30.2	[24.0 - 36.5]	WESTCHESTER	19.7	[16.5 - 22.9]
NASSAU	19.1	[16.3 - 21.8]	WYOMING	26.0	[20.3 - 31.8]
NEW YORK	17.7	[15.5 - 19.9]	YATES	29.0	[23.0 - 35.1]

Note arthritis: Includes respondents that responded 'Yes' to the question: Has a doctor, nurse, or other health professional EVER told you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

References

<sup>1</sup> Centers for Disease Control and Prevention. (2017). Arthritis basics. Retrieved April 23, 2018 from <https://www.cdc.gov/arthritis/basics/>.