

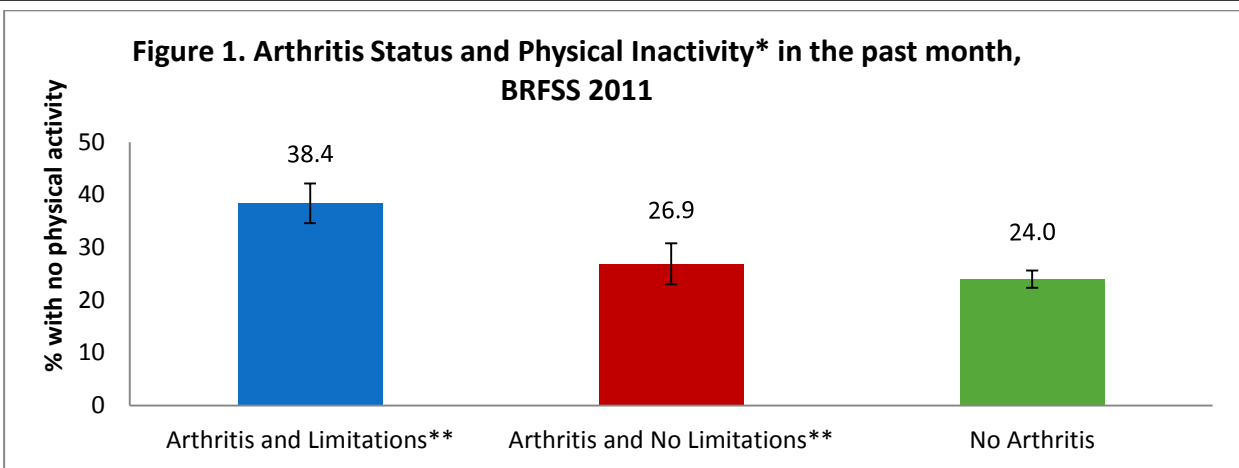
## Information for Action # 2014-1

### Arthritis-related limitations can restrict leisure-time physical activity

Physical activity reduces pain, improves function and mood, and reduces disability among adults with arthritis. Despite the benefits of physical activity, people with arthritis are more likely to be inactive than adults without arthritis.<sup>1,2</sup> As shown in Figure 1, adults diagnosed with arthritis and activity limitations were more likely to be physically inactive (38.4%) compared to those without limitations (26.9%).

Adults with arthritis commonly cite pain and fear of worsening symptoms as reasons for inactivity.<sup>1,2</sup> However, six structured physical activity programs have been proven safe and effective for adults with arthritis: Arthritis Foundation's Exercise, Aquatic and Walk With Ease programs, as well as Fit & Strong!, Active Living Every Day, and EnhanceFitness.

Health care providers can help their patients increase physical activity and improve their patients' quality of life by recognizing the importance of physical activity to patients with arthritis and encouraging patients to participate in these community-based exercise programs.<sup>2,3</sup>



Data Source: 2011 Behavioral Risk Factor Surveillance System (BRFSS)

\*Physical inactivity is defined as answering "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

\*\*Activity limitation is defined as answering "yes" to the following question: "Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?"

Note: Error bars represent 95% confidence intervals.

### PUBLIC HEALTH OPPORTUNITY

Health care providers can promote leisure-time physical activity in their arthritis patients by assessing their activity levels, screening for limitations and encouraging participation in community-based exercise programs. Please visit [www.health.ny.gov/arthritis](http://www.health.ny.gov/arthritis) for more information about programs available that can help individuals manage their arthritis.

#### Contact:

For more information about the data included and their specific implications for action, please send an email to [DCCIPIFA@health.state.ny.us](mailto:DCCIPIFA@health.state.ny.us) with IFA # 2014-1 in the subject line.

#### References:

1. Centers for Disease Control and Prevention. Physical activity and Arthritis. Retrieved from [http://www.cdc.gov/arthritis/pa\\_overview.htm](http://www.cdc.gov/arthritis/pa_overview.htm)

2. Centers for Disease Control and Prevention. State-specific prevalence of no leisure-time physical activity among adults with and without doctor-diagnosed arthritis-United States, 2009. *Morbidity and Mortality Weekly Report* 2011; 60:1641-1645.

3. Centers for Disease Control and Prevention. Physical Activity Programs. Retrieved from [http://www.cdc.gov/arthritis/interventions/physical\\_activity.htm](http://www.cdc.gov/arthritis/interventions/physical_activity.htm)

