

Arthritis in Nevada



EXHIBIT P Committee Name **OBESITY** Document consists of **16** pages.



Entire document provided.



Due to size limitations, pages _____ provided. A

copy of the complete document is available through the Research Library
(775/684-6827) or e-mail library@lcb.state.nv.us).

Meeting Date 11-03-03



The mission of the Arthritis Foundation is to improve lives through leadership in the prevention control, and cure of arthritis and related diseases.

Ar thri'tis

n. is a term that refers to more than 120 different diseases – many of which affect joints, the spine, muscles, tendons, internal organs and skin. The common denominators are chronic pain and loss of mobility.

Scope of Arthritis

120 different forms of arthritis

- Affects 70 million people in the US
- Affects nearly 520,000 people in Nevada



Scope of Arthritis

120 forms of arthritis

70 million in US 520,000 in Nevada

Population of Carson, Washoe,
Nye and Elko Counties

Osteoarthritis

21 million in US 173,000 in Nevada

Population of half the size of
Washoe County

Rheumatoid Arthritis

2.1 million in US 20,800 in Nevada

Population of all females in
Elko County

Juvenile Arthritis

300,000 in US 1,000 in Nevada

Twice the population of
Esmeralda County

One in three people live with arthritis in Nevada.

Ar thri'tis

- Arthritis is the #1 cause of disability in the US limiting more than 7 million Americans



Burden of Arthritis

Associated Costs

- 45 million days lost from work in the US
- 425 million days of restricted activity in the US
- Leading cause of industrial absenteeism in Nevada
- \$148 million in 2001 in surgery for hip and knee replacements
- Arthritis costs the U.S. economy nearly \$65 billion annually

Arthritis and Obesity

Risk Factors

- Obesity
- Joint Injury
- Muscle Weakness
- Heredity
- Age

Arthritis and Obesity

- 61.1% of people in Nevada with arthritis are also overweight
- 36.9% of people in Nevada who are overweight have been diagnosed with arthritis
- Men who are overweight are 30% more likely to be diagnosed with gout

† Nevada State Health Division (2001)

†† BRFSS, Center for Disease Control and Prevention (2001)

††† *Gout*, Arthritis Foundation (2002)

Joint Impact

- For each pound a person is overweight, an extra 4 pounds of pressure is placed on the knees
- Research shows that losing as little as 11 pounds may reduce the risk of OA of the knee by 50%

Decreased Mobility

- Arthritis can contribute to obesity
 - Consequence of OA can be the loss of physical function
 - Pain + lack of exercise = weight gain
 - Obesity accelerates the rate of damage to arthritic joints by 50%



† *The Arthritis Helpbook*, Kate Lorig, R.N., Dr.P.H. (2000)

Efforts to Reduce Arthritis



Programs and Services

...through the Arthritis Foundation

- Exercise Classes
- Support and Education Groups
- Self-Help Courses
- Physician Referrals
- Informational Brochures
- Patient/Physician Education Workshops

Arthritis Coalition

- Partnership with the Nevada State Health Division and other health related organizations
- First state plan on arthritis in Nevada to decrease the burden of arthritis in Nevada through funding for programs and education

In Summary

- 520,000 Nevadans have arthritis
- #1 risk factor for arthritis is obesity
 - Only treatable risk factor for arthritis
- \$364 million to treat people with arthritis in Nevada annually
- 52,000 people in Nevada cannot work, play or live a quality life because of their arthritis
- 75 programs per week offered to people with arthritis in Nevada

Arthritis in Nevada

