

## Summary data: Adults 18 years and older with doctor-diagnosed arthritis (DRDX+), BRFSS 2005

### VIRGINIA

#### **Doctor-diagnosed arthritis (DRDX+) (Standard Table 1)**

1,539,000 adults have doctor diagnosed arthritis; 28% of all adults have DRDX+.

622,000 men have DRDX+ (23%).

917,000 women have DRDX+ (32%).

348,000 adults 18-44 have DRDX+ (12%).

690,000 adults 45-64 have DRDX+ (37%).

497,000 adults 65 and older have DRDX+ (59%).

1,184,000 non-Hispanic white adults have DRDX+ (28%).

178,000 non-Hispanic black adults have DRDX+ (25%).

42,000 Hispanic adults have DRDX+ (27%).

201,000 adults with less than a high school education have DRDX+ (42%).

477,000 adults with a high school education have DRDX+ (30%).

856,000 adults with more than a high school education have DRDX+ (24%).

490,000 obese adults have DRDX+ (37%).

206,000 adults who are physically inactive have DrDX+.

41% of adults who are physically inactive have DrDX+.

#### **Activity limitation due to arthritis or joint symptoms (Standard Table 2)**

577,000 adults have activity limitation due to arthritis or joint symptoms

10% of the adult population has activity limitation due to arthritis or joint symptoms.

38% of adults with arthritis have activity limitation due to arthritis or joint symptoms.

231,000 (8%) men have activity limitation; (38%) of men with DRDX+ have act limitation due to arth.

346,000 (12%) of women have activity limitation; (38%) of women with DRDX+ have activity limit due to arth.

#### **Physical activity, body weight, and health status among adults with arthritis (Std Table3)**

Of adults with arthritis 15% report they are inactive and another 42% are insufficiently active.

Of adults with arthritis 33% are obese and another 36% are overweight.

Of adults with arthritis 28% report fair or poor health.

#### **Arthritis among adults with diabetes, heart disease, and their risk factors (Std Table 4)**

Of adults with diabetes 213,000 (56%) also have arthritis.

Of adults with heart disease 211,000 (58%) also have arthritis.

Of adults with high blood pressure 730,000 (49%) also have arthritis.

Of adults with high cholesterol 677,000 (41%) also have arthritis.

Of adults who are overweight 534,000 (27%) also have arthritis.

Of adults who are obese 490,000 (37%) also have arthritis.

Of adults who are inactive 206,000 (41%) also have arthritis.

#### **Management of Arthritis Symptoms (Std Table 5)**

1,067,000 (72%) of adults with arthritis can everything or most things they want to do.

409,000 (28%) of adults with arthritis can do some things or hardly anything they want to do.

497,000 (34%) of adults with arthritis were told by their doctor to lose weight.

886,000 (60%) of adults with arthritis were told by their doctor to exercise.

145,000 (10%) of adults with arthritis have every taken a course or class to manage their arthritis.