



## Arthritis

# Arthritis Related Statistics

Find basic statistics about arthritis, such as prevalence, disabilities and limitations, quality of life, and costs.

Note: There are different data sources for some of the arthritis related statistics; therefore, case definitions and terminology will also vary. Learn more about [arthritis case definitions](#).

### Common Types of Arthritis



Osteoarthritis is the most common form of arthritis. Gout, fibromyalgia, lupus, and rheumatoid arthritis are other common rheumatic conditions.

Learn more about [specific types of arthritis](#).

### Prevalence of Arthritis in the United States

#### National Prevalence

- Based on data from the National Health Interview Survey (NHIS), during 2019 – 2021, an estimated 53.2 million US adults (21.2%) had ever been told by a doctor (doctor-diagnosed) that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.<sup>1</sup>
- The [NHIS](#) collects data on a broad range of health topics through personal household interviews with US adults.

#### Prevalence by State

- To view arthritis prevalence estimates by state, go to the interactive map on the [Chronic Disease Indicators database](#) and select a state on the map.

#### Prevalence by Small Areas

- To view arthritis prevalence estimates by census tract, county, incorporated and census designated place, and Zip Code Tabulation Area, go to the interactive map on [PLACES](#) [↗](#) and select location type.

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### Prevalence of Arthritis by Race/Ethnicity and Sex

#### Prevalence by Sex

- From 2019 to 2021, the unadjusted prevalence of doctor-diagnosed arthritis in the United States (NHIS) was 24.2% among women and 17.9% among men.<sup>1</sup>
- To see state-specific prevalence estimates for women and men, go to the interactive map on the [Chronic Disease Indicators Database](#) and select Gender in the “View by” drop down menu.

#### Prevalence by Race and Ethnicity

- During 2019 – 2021, arthritis affected U.S. adults of all racial and ethnic backgrounds (NHIS):
  - 5.2 million (12.4%) Hispanic adults reported doctor-diagnosed arthritis.<sup>1</sup>
  - 39.1 million (24.6%) non-Hispanic White adults reported doctor-diagnosed arthritis.<sup>1</sup>
  - 6.0 million (20.4%) non-Hispanic Black adults reported doctor-diagnosed arthritis.<sup>1</sup>
  - 1.6 million (10.5%) non-Hispanic Asian or other Pacific Islander adults reported doctor-diagnosed arthritis.<sup>1</sup>
  - 0.4 million (22.2%) non-Hispanic American Indian or Alaska Native adults reported doctor-diagnosed arthritis.<sup>1</sup>
  - 1.0 million (20.8%) adults of other or multiple races reported doctor-diagnosed arthritis.<sup>1</sup>
- To view state-specific prevalence estimates by race and ethnicity, go to the interactive map on the [Chronic Disease Indicators Database](#) and select Race/Ethnicity in the “View by” drop down menu.

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## Arthritis Prevalence Among US Adults by Age, 2019-2021 National Health Interview Survey

### 18-44 Years



### 45-64 Years



### ≥65 Years



Source: 2019-2021 National Health Interview Survey

### Prevalence of Arthritis by Age

- Arthritis affects adults of all ages and prevalence of arthritis increases with age. From 2019 to 2021 in the United States (NHIS):
  - 5.4% of adults 18 to 44 years old reported arthritis.<sup>1</sup>
  - Among adults aged 45 to 64 years, one-in-four (26.0%) reported doctor-diagnosed arthritis.<sup>1</sup>
  - Among adults aged 65 years or older, almost half (47.3%) reported doctor-diagnosed arthritis.<sup>1</sup>

## Prevalence by Health Conditions and Comorbidities

- Learn about [arthritis comorbidities](#) like heart disease.

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## Overweight/Obesity and Arthritis

- During 2019 – 2021, adults who had overweight or obesity reported arthritis more often than adults who were categorized as under weight or a healthy weight (NHIS).<sup>1</sup>
  - 15.5% of under/healthy weight adults reported doctor-diagnosed arthritis.<sup>1</sup>
  - 20.5% of US adults with overweight and 27.5% of those with obesity reported doctor-diagnosed arthritis.<sup>1</sup>
- To view state-specific arthritis prevalence estimates among adults who are obese, go to the interactive [Chronic Disease Indicators Database](#) and select indicator: Arthritis among adults aged >= 18 years who are obese.

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## Severe Joint Pain and Arthritis

- In 2014, 14.6 million adults reported severe joint pain due to arthritis (NHIS).<sup>5</sup>
- The percentage of adults with arthritis who have severe joint pain varies by state. In 2021, the percentage ranged from 19.0% in South Dakota to 46.1% in Louisiana (based on data from the Chronic Disease Indicators Database).
- To view state-specific arthritis prevalence estimates among adults who have severe joint pain, go to the interactive [Chronic Disease Indicators Database](#) and select indicator: Severe joint pain due to arthritis among adults aged >= 18 years who have doctor-diagnosed arthritis.

## Disability/Limitations and Arthritis

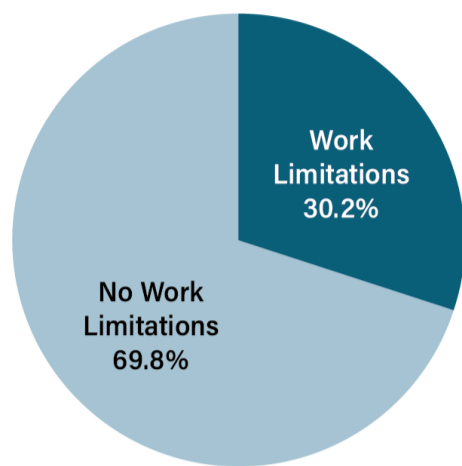
### Leading Cause of Work Disability

- Arthritis and other rheumatic conditions are a leading cause of work disability among US adults.<sup>6</sup>
- Among working age US adults (18 to 64 years) with arthritis, nearly 1 in 3 (30.2%) had work disability during 2011-2013.<sup>6</sup>
- The prevalence of work limitations due to arthritis varied by state. To view state-specific arthritis prevalence data for work limitations, go to the interactive [Chronic Disease Indicators Database](#) and select indicator: Work limitation due to arthritis among adults aged 18-64 years who have doctor-diagnosed arthritis.

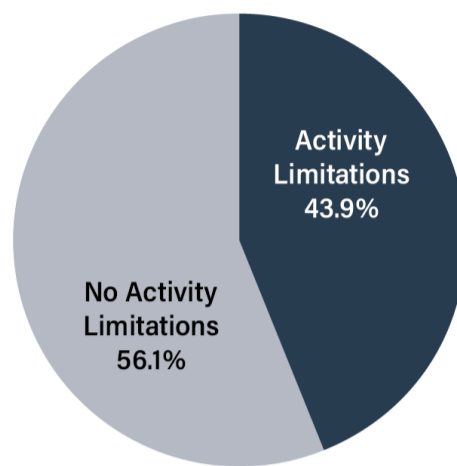
### Falls and Fall Injuries

- Falls and [fall injuries](#) are an important concern for adults with arthritis.
- In 2012, compared to adults aged 45 years and older who do not have arthritis, adults 45 years and over with arthritis were (BRFSS):
  - 4 times more likely to have two or more falls.<sup>7</sup>
  - 5 times more likely to have a fall injury.<sup>7</sup>

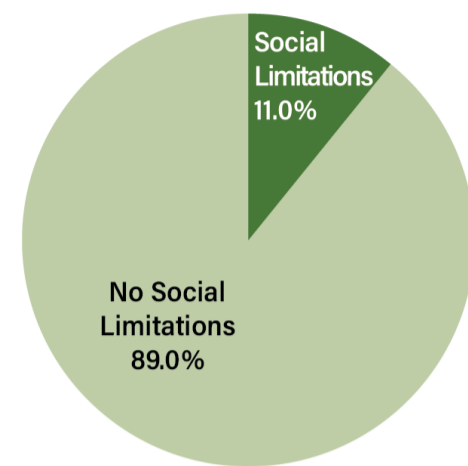
## Prevalence of Work, Activity and Social Limitations Among United States Adults with Arthritis



**Work Limitations**



**Activity Limitations**



**Social Limitations**

Source: 2011-2013, 2016-2018 National Health interview Survey

### Activity Limitation

- For information about arthritis attributable activity limitations visit the [Chronic Disease Indicator Site](#).
- Learn more about [arthritis-related disabilities and limitations](#).

### Arthritis Costs

- In 2013, the national costs of arthritis were \$304 billion overall.<sup>8</sup>
  - Arthritis-attributable medical costs were \$140 billion.<sup>8</sup>
  - Arthritis-attributable lost wages were \$164 billion.<sup>8</sup>
- The [Medical Expenditure Panel Survey](#) [↗](#) is a set of large-scale surveys of families and individuals, their medical providers, and employers across the United States.
- Learn more about the [cost of arthritis in US adults](#).

### More Statistics

- [National Statistics](#)
- [State Statistics](#)
- [Cost Statistics](#)
- [Disabilities and Limitations](#)

### Related CDC Data Portals

Work directly with the data to create your own filtered datasets, customize visualizations, download data, and more.

- [Chronic Disease Indicator \(CDI\) Data Portal](#)
- [PLACES](#)

## More About Arthritis

- [Communications Center](#)
- [Key Public Health Messages for Arthritis](#)
- [About CDC's Arthritis Program](#)
- [Tools for Partners](#)

## References

1. Fallon EA, Boring MA, Foster AL, et al. Prevalence of diagnosed arthritis—United States, 2019–2021. *MMWR Morb Mortal Wkly Rep* 2023;72:1101-1107. doi: <http://dx.doi.org/10.15585/mmwr.mm7241a1>
2. Duca LM, Helmick CG, Barbour KE, et al. State-specific prevalence of inactivity, self-rated health status, and severe joint pain among adults with arthritis — United States, 2019. *Prev Chronic Dis* 2022;19:210346. doi: <http://dx.doi.org/10.5888/pcd19.210346>
3. Barbour KE, Moss S, Croft JB, et al. Geographic variations in arthritis prevalence, health-related characteristics, and management — United States, 2015. *MMWR Surveill Summ* 2018;67(No. SS-4):1–28. doi: <http://dx.doi.org/10.15585/mmwr.ss6704a1>.
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5. Barbour KE, Boring M, Helmick CG, Murphy LB, Qin J. Prevalence of severe joint pain among adults with doctor-diagnosed arthritis — United States, 2002–2014. *MMWR Morb Mortal Wkly Rep* 2016;65:1052–1056. doi: <http://dx.doi.org/10.15585/mmwr.mm6539a2>.
6. Theis KA, Roblin D, Helmick CG, Luo R. Prevalence and causes of work disability among working-age US adults: 2011–2013. *Disabil Health J.* 2018;11(1):108–115. doi: 10.1016/j.dhjo.2017.04.010. PMID: 28476583.
7. Barbour KE, Stevens JA, Helmick CG, et al. Falls and fall injuries among adults with arthritis—United States, 2012. *Morb Mortal Wkly Rep.*2014;63(17):379-383.
8. Murphy LB, Cisternas MG, Pasta DJ, Helmick CG, Yelin EH. Medical expenditures and earnings losses among US adults with arthritis in 2013. *Arthritis Care Res (Hoboken).* 2018;70(6):869-876. doi: 10.1002/acr.23425.

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