

Arthritis makes a tough time even tougher.

1 in 3 Michigan adults say they have more than 2 chronic conditions.

Fifty-one percent of adults with high blood pressure also have arthritis.

Fifty-seven percent of adults with cardiovascular disease also have arthritis.

Sixty-three percent of adults with diabetes also have arthritis.

People with chronic (ongoing) health conditions of any kind are more likely to say they have a work disability, serious emotional distress and a limited social life.

Having arthritis as one of those health conditions makes things even worse.

There's something you can do: increase physical activity.

www.michigan.gov/arthritis

Michigan Department of Health and Human Services Logo

Citations:

Qin J, Theis KA, Barbour KE, Helmick CG, Baker NA, Brady TT. The impact of arthritis and multiple chronic conditions on selected life domains - United States, 2013. *MMWR* 2015; 64 (21):578-582.

Fussman C. 2014. Health Risk Behaviors in the State of Michigan: 2013 Behavioral Risk Factor Survey. 27th Annual Report. Lansing, MI: Michigan Department of Community Health, Lifecourse Epidemiology and Genomics Division, Chronic Disease Epidemiology Section.