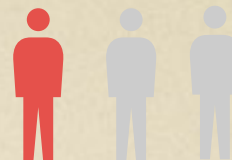


arthritis

makes a
tough time
even
tougher

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



51% of Adults with
High Blood Pressure

57% of Adults with
Cardiovascular Disease

63% 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
- 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