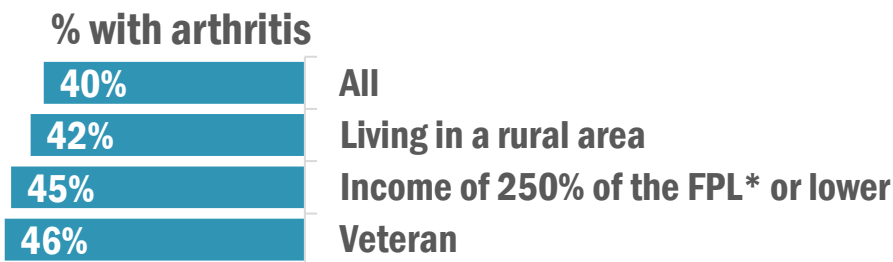


Arthritis is a group of diseases that causes joint inflammation pain and requires long-term management.

40% of Vermont adults 40 years and older have arthritis.

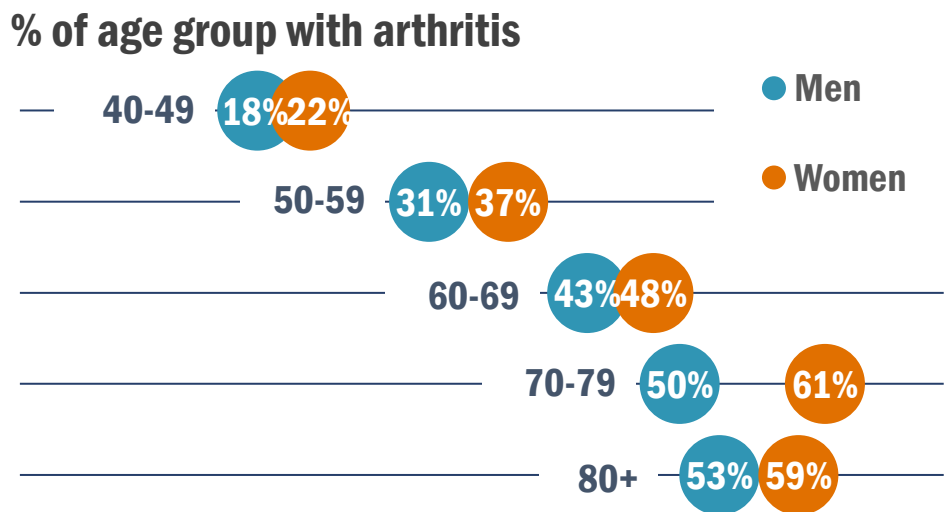


Did you know?
[Osteoarthritis](#) is the most common type of arthritis.

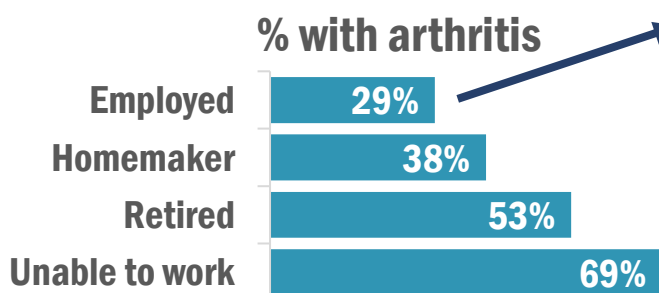
*FPL is the federal poverty level that is determined from household income and number of people in household.

Arthritis is more common among women than men and increases with age.

Among adults 40 years and older, women were significantly more likely to have arthritis compared to men (43% vs. 37%). The largest disparity in arthritis prevalence between men and women is among those 70-79 years old, while the smallest difference is for those 40-49 years old.



Nearly one-third of employed adults 40+ years old have arthritis.



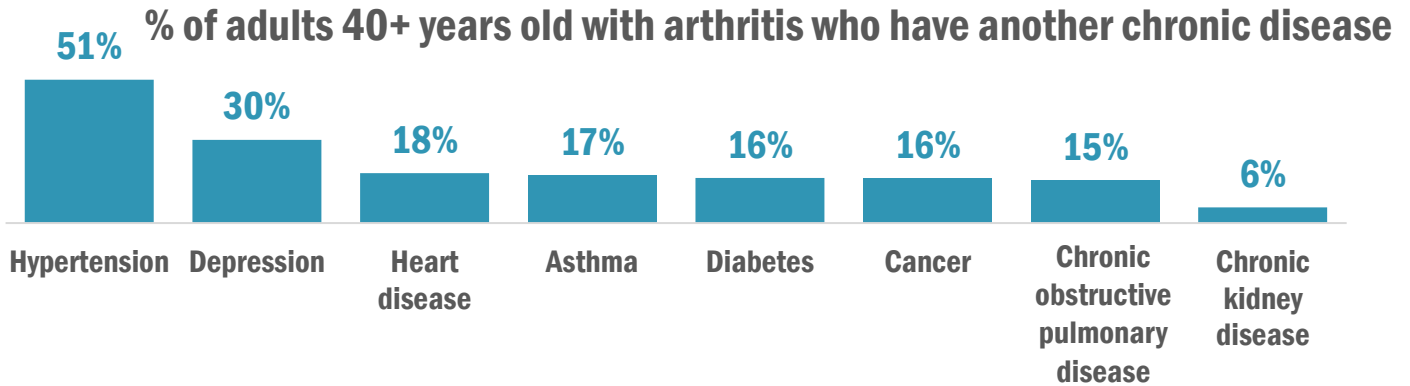
Top 3 occupation groups among employed adults with arthritis:

1. Management (13%)
2. Office & administrative support (10%)
3. Construction and extraction (8%)

People with arthritis may have other chronic diseases or disabilities.



4 in 5 adults with arthritis have 1 or more chronic disease.



Arthritis may affect someone's day to day activities.

Among adults 40+ years old with arthritis:

1 in 4

have difficulty with walking or stairs.

1 in 10

have difficulty doing errands.

1 in 17

have difficulty bathing or dressing.

Nearly **1 in 3** also have a disability, including:



15% have serious difficulty with concentration and memory.



14% have serious difficulty hearing.



7% have serious difficulty seeing, even with glasses.

Among adults under 65 years old, arthritis is **twice as common** among people with Medicare compared to people with private insurance.

People with severe disabilities under 65 years old are eligible for Medicare.



Support is available for Vermonters with arthritis.

Learn more about available resources for Vermonters with arthritis on our website, such as self-management education workshops and introductions to low-impact physical activities:

<https://www.healthvermont.gov/wellness/arthritis>