

## CDC Study Reveals 36 Percent of Oregonians Have Arthritis

The Arthritis Foundation recently called for a new sense of urgency to address the pain, limitations, and disability of arthritis based on alarming new numbers from the Centers for Disease Control and Prevention (CDC), which revealed that **932,000** or **36 percent** of people in the state are affected.

The new numbers, taken from the first state-by-state survey of arthritis and chronic joint symptoms, also revealed that as many as 70 million Americans – or one in three adults – suffer from arthritis and/or chronic joint symptoms. This surpasses a previous estimate of 43 million persons with arthritis.

“We are a nation in pain. Arthritis is the number one cause of disability and affects more people than ever imagined. It’s time we individually and as a society fully realize the seriousness of arthritis and take action to limit its

impact,” said Tino J. Mantella, president and CEO of the Arthritis Foundation. “What may start as minor aches and pains today could end up affecting your future ability to enjoy the everyday activities you love, including work, family, hobbies, and recreation.”

In 1997, CDC reported that 43 million Americans, or one out of six people, suffered from arthritis and other rheumatic conditions. The latest estimates, however, are the most comprehensive and accurate snapshot yet of arthritis impact. They are based for the first time on extensive state-by-state prevalence reports for the entire nation rather than a national extrapolation from a random sample.

Because many people don’t see a doctor for their joint symptoms, the survey asked about self-reported chronic joint symptoms as well as doctor-diagnosed arthritis and captured

people that might have been missed in earlier surveys. Further, the study provides the first-ever estimates for each of the 50 states.

Arthritis already was recognized as the nation’s leading cause of disability with an economic impact of more than \$82 billion annually. The condition strikes teens, baby boomers, and seniors alike, and nearly 300,000 children are affected. As the U.S. population ages, it’s likely that the prevalence of arthritis will continue to climb.

### Taking Control of Arthritis

“The CDC numbers for our state are alarming, but we can take control of arthritis if we take action,” said Cindy Elliott, president of the Arthritis Foundation, Oregon Chapter. “The Arthritis Foundation and people

affected by arthritis can work together to limit its daily impact in their lives through the many programs and services we offer locally, including exercise and self-management courses, self-help groups, and other community education activities. They can also change the future by supporting, advocating for, and funding research to prevent and cure arthritis.”

Although genetics places a person at risk for arthritis, there are a number of proactive, healthy lifestyle measures that Americans can take to prevent or manage arthritis. The Arthritis Foundation recommends the following:

1. Maintain an appropriate weight and lose weight as needed
2. Exercise to maintain fitness and flexibility
3. Most of all, seek early diagnosis and treatment to prevent joint damage and disability, and ensure an active life

There are more than 100 forms of arthritis and related conditions. The initial signs of arthritis include pain, swelling, and limited movement that last for more than two weeks.

To assess your joint health and learn more about programs and services to limit the impact of arthritis on your life, contact the Arthritis Foundation at 503-222-7246, or toll-free 1-800-283-3004, or visit [www.arthritis.org](http://www.arthritis.org) for the free booklet, *51 Ways to Be Good to Your Joints*, which includes tips and a 12-question joint health quiz. Visitors also can find out more about arthritis and its symptoms with the free brochure, *Arthritis Answers*.

#### About the Arthritis Foundation:

The Arthritis Foundation is the only nationwide, non-profit health organization helping people take greater control of arthritis by leading efforts to prevent, control, and cure arthritis and related diseases. The Arthritis Foundation also provides a large number of community-based services located nationwide to make life with arthritis easier and less painful.

## Jingle with Us During Jingle Bell Run/Walk for Arthritis

The annual Jingle Bell Run/Walk is a fun-filled nationwide fund-raising event held during the holiday season. Imagine the sounds of thousands of bells as people throughout the U.S. run and walk in the Jingle Bell Run/Walk for Arthritis®.

Participants receive T-shirts, goodie bags, and jingle bells for their shoelaces, in addition to free food, entertainment, costume contests, and prize drawings. It’s a fun way for individuals, families, and teams to get together for a great cause – the fight against arthritis.

Two events are scheduled in Oregon, in Portland on Dec. 15 and in downtown Bend on Dec. 7.

To register for the event or for more information, call 1-800-283-3004 or 503-222-7246, or visit [www.arthrtiis.org](http://www.arthrtiis.org) or [www.active.com](http://www.active.com).

Join us and catch the spirit of the holiday season because now more than ever, it’s important to join the battle to beat arthritis.



According to the Centers for Disease Control and Prevention (CDC), new arthritis prevalence numbers released last month indicate that 932,000 Oregonians – or 36 percent of our state’s population – are affected.

“The CDC numbers for our state are alarming, but we can take control of arthritis if we take action,” said Cindy Elliott, president of the Arthritis Foundation, Oregon Chapter. “The Arthritis Foundation and people affected by arthritis can work together to limit its daily impact in their lives through the many programs and services we offer locally, including exercise and self-management courses, self-help groups and other community education activities. They can also change the future by supporting, advocating for and funding research to prevent and cure arthritis through events such as Jingle Bell Run.”

### Bend

**What:** Jingle Bell Run/Walk

**When:** Dec. 7, 2002, Noon

**Where:** Bank of the Cascades, (corner of Wall and Newport)

**Events:** 5K run & walk, 1 mile walk, Kid’s Fun Run; costume contest, team activities, awards and prizes

**Entry fee:** \$15 through 12/2, \$18 through 12/5; \$25 day of event (kids 10 and under are free!)

### Portland

**What:** Jingle Bell Run/Walk

**When:** Dec. 15, 2002, 9 a.m.

**Where:** World Trade Center, downtown Portland

**Events:** 8K run, 5K run and walk, Kid’s Fun Run; costume contest, team activities, awards and prizes

**Entry fee:** \$15 through 12/2; \$18 through 12/11; \$25 day of event  
Kids 12 & under: \$10 pre-registered or \$13 day of event