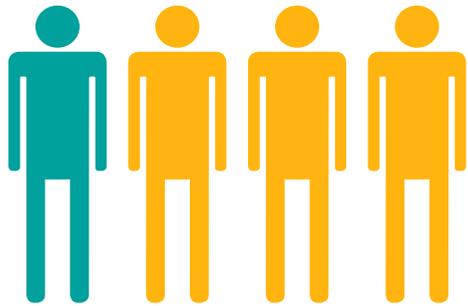


Arthritis in Kansas



1 in 4

Kansas adults has diagnosed arthritis.
That's more than 500,000 people.
Arthritis is the leading cause
of disability.

We Can Help

Physical activity and self-management education programs are great ways to reduce arthritis pain. The Kansas Arthritis Program can connect you with free or inexpensive opportunities to increase your physical activity and learn more about managing your symptoms.

For more information visit www.toolsforbetterhealthKS.org or call 785-296-2330.



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73% of Kansas adults with arthritis have at least one other chronic health condition.*

89% report they have never taken a class to learn about managing arthritis symptoms.

*Other chronic conditions = asthma, cancer, COPD, coronary heart disease, diabetes, heart attack, hypertension, kidney disease, stroke

1 in 2 Kansas adults with arthritis is limited in their usual activities due to arthritis symptoms.



32%
report arthritis affects
their work



41%
report arthritis affects
their social activities



Source: 2013 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion website. 2014. Available at www.kdheks.gov/brfss. Accessed January 14, 2015.

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