

Table 4.8: Selected Life Style Factors and Prevalence of Arthritis and Arthritis-attributable Activity Limitations (AAAL) among Adults Age 18 and Over, United States, 2010-2012

Selected Life Style Factor	Prevalence of Doctor-diagnosed Arthritis (DDA)		Prevalence of Arthritis-attributable Activity Limitations (AAAL)		Proportion of AAAL Among Adults with DDA	
	Rate per 100 adults		Rate per 100 adults		Proportion	
	Unadjusted	Adjusted {1}	Unadjusted	Adjusted {1}	Unadjusted	Adjusted {1}
BMI [2]						
Under/Normal weight	15.9	16.3	6.3	6.5	39.8%	38.2%
Overweight	22.6	20.3	8.8	7.9	38.9%	37.2%
Obese	31.2	28.9	15.2	14.0	48.6%	44.8%
Physical activity [3]						
Meeting recommendations	17.4	18.6	5.3	5.6	30.2%	29.3%
Insufficient activity	25.3	23.3	10.3	9.4	40.6%	38.9%
Inactive	28.9	24.0	16.3	13.5	56.5%	54.8%
Self-rated health						
Very good/excellent	14.4	15.8	3.4	3.7	23.5%	22.3%
Good	28.0	24.4	11.6	10.0	41.3%	39.9%
Fair/Poor	50.1	40.7	35.9	28.8	71.8%	69.8%
Total Population (Overall)	22.7	21.4	9.8	9.2	43.2%	40.7%

[1] Age adjusted to the standard 2000 U.S. projected adult population.

[2] BMI self-reported weight (kg)/(height [m])². Categorized as: underweight/normal weight (<25.0), overweight (25.0 to <30.0), obese (≥30.0).

[3] Determined from responses to six questions regarding frequency and duration of participation in leisure-time activities of moderate or vigorous intensity and categorized according to the U.S. Department of Health and Human Services 2008 *Physical Activity Guidelines for Americans*. Total minutes (moderate to vigorous) of physical activity per week were categorized as follows: meeting recommendations (≥ 150 minutes per week), insufficient activity (1-149 minutes), and inactive (0 minutes).

Source: Barbour KE, Helmick CG, Theis KA, et al. Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation-United States, 2010-2012. *MMWR* 2013;62(44):869-873.