

Table 3A.4.3: Selected Life Style Factors and Prevalence of Arthritis and Arthritis-attributable Activity Limitations (AAAL) among Adults Age 18 and Over, United States, 2013-2015

Selected Life Style Factor	Prevalence of Doctor-diagnosed Arthritis (DDA)		Prevalence of Arthritis-attributable Activity Limitations (AAAL)	
	Rate per 100 adults		Rate per 100 adults	
	Unadjusted	Adjusted {1}	Unadjusted	Adjusted {1}
BMI [2]				
Under/Normal weight	16.4	16.4	39.7	39.3
Overweight	22.5	19.7	39.7	38.7
Obese	30.6	27.7	49.0	47.1
Physical activity [3]				
Meeting recommendations	17.3	18.1	30.1	30.1
Insufficient activity	26.0	23.1	43.8	43.0
Inactive	29.2	23.6	55.8	54.0
Self-rated health				
Very good/excellent	14.5	15.4	23.4	23.2
Good	28.1	23.8	42.4	41.3
Fair/Poor	50.0	40.5	72.0	70.6
Total Population (Overall)	22.7	21.0	43.5	41.7

[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, Boring M, Brady TJ. Vital Signs: Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation — United States, 2013–2015. *MMWR Morb Mortal Wkly Rep* 2017;66:246–253. DOI: <http://dx.doi.org/10.15585/mmwr.mm6609e1>