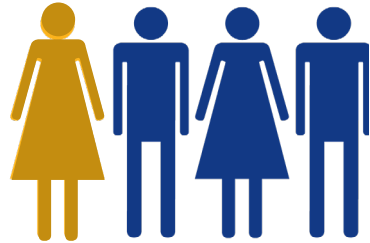




Arthritis in Kansas



1 in 4

Kansas adults has diagnosed arthritis.
That's more than

500,000 people.

79%

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

88%

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.



35%

report arthritis **affects their work**



47%

report arthritis **affects their social activities**

We Can Help

Physical activity and self-management education programs are great ways to reduce arthritis pain.

We can connect you with free or low-cost opportunities to increase your physical activity while you also learn more about managing your pain.

For more information visit:
toolsforbetterhealthKS.org
or call 785-296-8916.



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Source: 2017 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion.

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