

## Resources about Arthritis

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**The Healthy Aging NC Initiative:** <http://healthyagingnc.com/>

As North Carolina's statewide resource center for evidence-based health programs, Healthy Aging NC:

- Connects people to the programs and agencies that improve community health
- Increases the capacity of providers to offer these programs
- Maintains the website with program information and online registration systems
- Collects and analyzes data to report results

Find resources for evidence-based programs in NC, including program overviews, workshop dates across the state, leader/coach training dates, resources, participant success stories and quotes, program paperwork, and grant funding overviews.

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### NC-specific info about Arthritis:

#### North Carolina Statistics

North Carolina	2013	2015
Adults with arthritis	1,989,000	2,089,000
Adults limited by arthritis	1,048,000	1,080,000
% with arthritis	26	27
% women/men with arthritis	29/24	30/24
% whites/blacks/Hispanics with arthritis	29/27/6	31/25/7
% 18-44 years with arthritis	10	9
% 45-64 years with arthritis	35	36
% 65 years and older with arthritis	52	54
% with arthritis who are inactive	39	40
% arthritis among adults with diabetes	53	53
% arthritis among adults with hypertension	44	46
% arthritis among adults who are obese	36	37

<https://www.dropbox.com/sh/gx33njw3no5tmac/AABgmtwxwjoxN3j7-5NKx4PLa?dl=0&preview=NC+Burden+of+OA+2018.pdf>

## The Cost for North Carolina

At least 1 in 6 North Carolinians have arthritis.<sup>12</sup>

North Carolina is ranked 8th in total costs of arthritis, attributing \$4.1 billion to the disease.<sup>11</sup>

<https://www.dropbox.com/sh/gx33njw3no5tmac/AABgmtwxwjoxN3j7-5NKx4PLa?dl=0&preview=NC+Burden+of+OA+2018.pdf>

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### Encouraging participation in an effective walking program: Walk with Ease

Walk With Ease was developed by experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques to build and maintain a successful walking program.

Walk With Ease is for people who...

- Want to reduce the pain and discomfort of arthritis and/or joint pain
- Desire to increase balance, strength and walking pace
- Would like to build confidence in the ability to be physically active
- Want to improve overall health

The Walk With Ease program:

- Meets 3 times per week for about an hour for 6 weeks
- Led by 1-2 trained leaders
- Sessions consist of a "lecturette topic" lasting about 5-10 minutes, warm up, stretching, walking, cool down, and stretching.
- There is also a program option that encourages walking on one's own and/or once weekly group walking sessions, with support through on-line and email resources.

<http://healthyagingnc.com/walk-with-ease/>

Describes the Walk with Ease program and how to find a program in North Carolina

<https://oaaction.unc.edu/files/2018/08/Walk-With-Ease-issue-brief-REFERRER-final-3.pdf>

The Osteoarthritis Action Alliance describes Walk With Ease and lists facts about osteoarthritis.

<https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

As the developer of the Walk With Ease program, the Arthritis Foundation describes related resources and materials.



### **Encouraging participation in an effective physical activity program: Tai Chi for Arthritis**

Tai Chi for Arthritis, developed by Dr. Paul Lam at the Tai Chi for Health Institute, utilizes Tai Chi's Sun style to improve relaxation and balance. Tai Chi for Arthritis helps people with arthritis to increase muscular strength to support and protect joints, which can reduce pain. Flexibility exercises also help to reduce pain and stiffness, thus improving mobility. It improves balance both mentally and physically, and is proven effective in preventing falls.

<https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis/>

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American Physical Therapy Association.

### **Encouraging participation in effective physical activity programs**

<http://www.apta.org/Arthritis/>

The Centers for Disease Control and Prevention (CDC) has reviewed the evidence and identified several community-based physical activity programs shown to help people manage arthritis and related chronic conditions outside a therapeutic setting. APTA also supports the use of these programs as part of patient care.

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### **National Resources:**

#### **Osteoarthritis Action Alliance (OAAA)**

<https://oaaction.unc.edu/resource-library/for-community-partners/>

#### **Centers for Disease Control and Prevention (CDC)**

<https://www.cdc.gov/arthritis/>

#### **Arthritis Foundation (AF)**

<https://www.arthritis.org/about-arthritis/>