

Arthritis Disparities

brought to you by CEERIAS (Community Engagement For Early Recognition and Immediate Action In Stroke) Chicago

Sex Differences

26% ♀ 19.1% ♂

- It is evident women are at increased risk for developing osteoarthritis.
- Women experience more severe forms of osteoarthritis in the knee.
- It is not completely understood why women are more susceptible to this disease. Hormone changes, especially at a post-menopausal age can be contributing factors.²
- Female cartilage is thinner than males in certain areas, possibly contributing to a difference in arthritis rates.
- Different bone (especially the femur) sizes among men and women can lead to different surgical results.³

National Stats

- An estimated 54.4 million U.S. adults have a diagnosis of some form of arthritis.
- This is estimated to increase to 78 million by the year 2040.¹

Local Stats

23% of Illinois adults experience arthritis¹

- South side Chicago has elevated rates of hospital admissions for muscle and connective tissue based conditions.⁶

- Illinois has obesity rates of 35% for Hispanic and non-Hispanic black adults. Rates among non-Hispanic whites were significantly less at 25 to 30%. Obesity increases risk of arthritis.⁵

Racial Differences

- African American men and women are more likely to have severe knee osteoarthritis.
- African Americans are more likely to have osteoarthritis affecting all 3 knee compartments.⁴
- According to self-reported obesity data from 2013 through 2015, African Americans had a disproportionate rate of obesity at 38.1%. This is a modifiable risk factor for arthritis.⁵



References

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4. Jordan JM. "An ongoing assessment of osteoarthritis in African Americans and caucasians in north Carolina: the Johnston county osteoarthritis project." *Transactions of the American Clinical and Climatological Association*. 2015; 126: 77-86.
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