THE PROBLEM
Arthritis is the leading cause of disability and work-limitation among US adults.

54 MILLION US ADULTS HAVE ARTHRITIS, 60% OF WHOM ARE WORKING AGE

29% OF MEDICARE BENEFICIARIES REPORT AN ARTHRITIS DIAGNOSIS

44% (23.7 MILLION) ARE LIMITED FROM PARTICIPATING IN EVERYDAY ACTIVITIES

ARTHRITIS COSTS MORE THAN $300 BILLION IN DIRECT MEDICAL COSTS AND EARNING LOSSES ANNUALLY

NRPA ASKS CONGRESS TO:
Fund the CDC Arthritis Program at $16 million to continue its critical work to improve the quality of life for people with arthritis nationwide.

Currently, the CDC can only directly fund 12 State Health Departments and five national organizations to disseminate arthritis health information and evidence-based programs. By increasing funding to additional states and national organizations with presence in local communities throughout the country, like the NRPA, the total reach and availability of the CDC’s program offerings will be significantly expanded.
**THE SOLUTION**

Evidence-based physical activity programs that help people with arthritis improve their physical function by 40%, and reduce their medical costs by at least $1,000 annually.

NRPA, with the support of the CDC Arthritis Program, is funded directly to disseminate arthritis-appropriate evidence-based physical activity programs to improve the quality of life among people with arthritis, and also contribute to reductions in both arthritis-related medical costs and lost earnings.

The American College of Rheumatology recommends physical activity as a first-line strategy to combat arthritis symptoms.

The Centers for Disease Control and Prevention (CDC) recommends the widespread dissemination and implementation of evidence-based programs proven to improve arthritis outcomes.

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**IMPACT ON COMMUNITIES**

517 PROGRAM SESSIONS OFFERED AT 303 DIFFERENT PARK AND RECREATION SITES

MORE THAN 12000 PARTICIPANTS REACHED (MORE THAN $12 MILLION IN REDUCED HEALTHCARE COSTS)

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Questions? Contact Kate Clabaugh at kclabaugh@nrpa.org

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