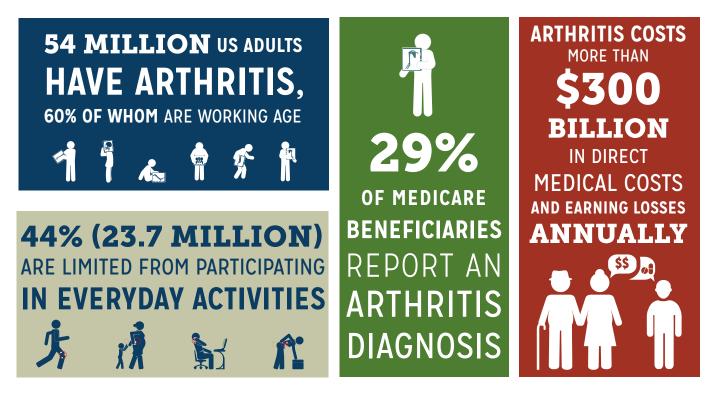
ARTHRITIS MANAGEMENT THROUGH PARKS AND RECREATION

THE PROBLEM

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



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.





Advocacy@nrpa.org | 800.626.NRPA | www.nrpa.org/Advocacy

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 arthritisappropriate 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.



On the final day of Walk with Ease, Mrs. Tibiru confidently exclaimed how she felt a significant improvement in her arthritic pain and mobility after the 6–week course.

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



Participants engaging in the Fit & Strong program in Mustang, Oklahoma, August 2016.

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



