

ARTHRITIS MANAGEMENT THROUGH PARKS AND RECREATION

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



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



29%

OF MEDICARE
BENEFICIARIES
REPORT AN
ARTHRITIS
DIAGNOSIS

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.



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.



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

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.

IMPACT ON COMMUNITIES



ONE OR MORE PROGRAM
AVAILABLE AT
MORE THAN 140 LOCAL
PARK AND RECREATION AGENCIES
ACROSS THE COUNTRY



**517 PROGRAM SESSIONS OFFERED AT
303 DIFFERENT PARK AND RECREATION SITES**



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



Questions? Contact Kate Clabaugh at kclabaugh@nrpa.org

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