

Missouri is compared with the United States and with the other states in the West North Central region. The West North Central region includes Missouri, Iowa, Kansas, Minnesota, Nebraska, North Dakota, and South Dakota.

Arthritis: How does MO compare?

Missouri & the United States¹

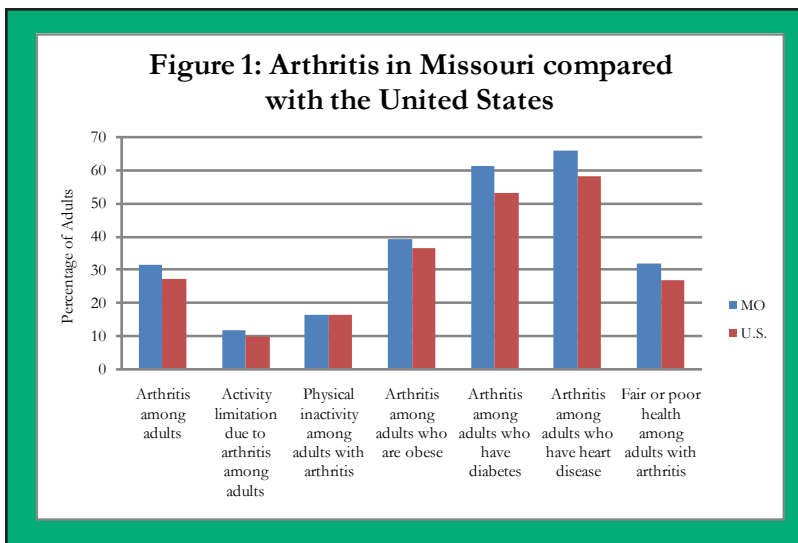
- **Arthritis Prevalence:** Arthritis is more prevalent in Missouri adults than in the United States as a whole.
- **Activity Limitations:** More adults in Missouri experience activity limitation due to arthritis compared with the United States overall.
- **Physical Inactivity:** Physical inactivity among adults in Missouri with arthritis is approximately the same as the national average.
- **Obese:** Arthritis is more prevalent in Missouri adults who are obese compared with the United States.
- **Diabetes:** Arthritis is more prevalent in Missouri adults who have diabetes compared with the United States.
- **Heart Disease:** Arthritis is more prevalent in Missouri adults who have heart disease compared with the United States.
- **Health Status:** More Missouri adults with arthritis report fair or poor health compared with the United States.

Missouri and the West North Central Region¹

The West North Central region includes: Missouri, Iowa, Kansas, Minnesota, Nebraska, North Dakota, and South Dakota.

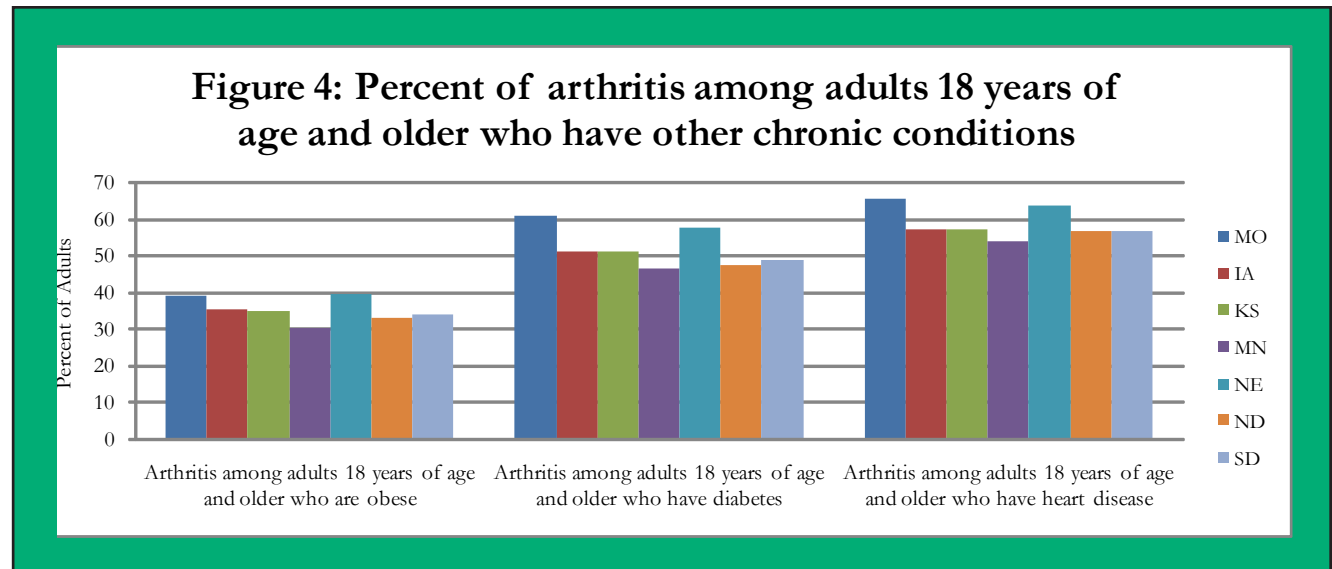
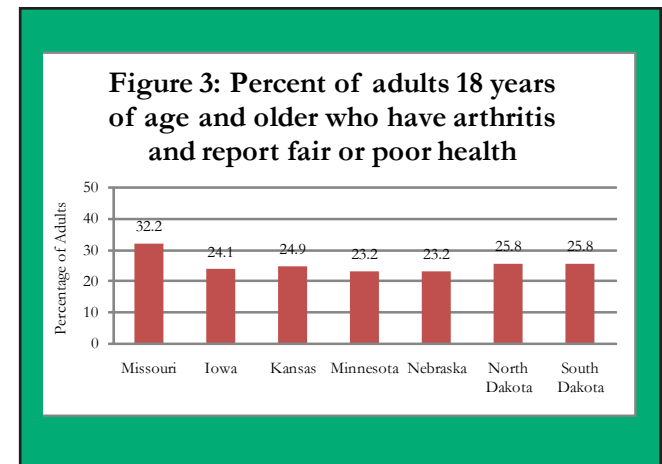
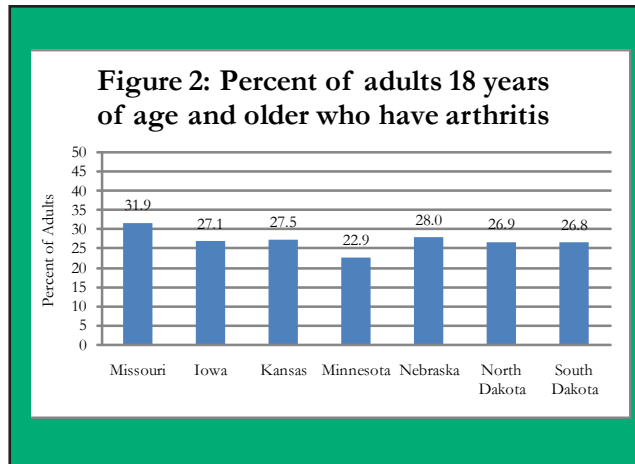
- **More Missouri adults have arthritis compared with the other states in the West North Central Region. Most dramatically Missouri adults are 39.3% more likely to have arthritis compared to Nebraska adults. Iowa represents the smallest gap, with Missouri adults still 13.9% more likely to have arthritis.**

- **More Missouri adults have activity limitation due to the other states in the West North Central Region (Missouri compared to South Dakota is not a statistically significant difference).**
- **No statistically significant differences exist between Missouri adults with arthritis who are physically inactive compared to their region states.**
- **Missouri had the second highest proportion of adults with arthritis who are obese (Nebraska had the highest rate).**



Missouri and the West North Central Region¹ (continued)

- Missouri had the highest proportion of adults with arthritis who have diabetes compared to their region states (although the only statistically significant differences were with Minnesota, North Dakota, and South Dakota).
- Missouri had the highest proportion of adults with arthritis who have heart disease (although the only statistically significant difference was with Minnesota).
- Missouri had the highest proportion of adults with arthritis reporting fair or poor health among their region.



Works Cited

1 National Center for Chronic Disease Prevention and Health Promotion (2007, May). Chronic Disease Indicators. Retrieved April 24, 2009, from: <http://apps.nccd.cdc.gov/cdi/>.

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This publication was supported by CDC Grant/Cooperative Agreement Number 03022, Missouri Arthritis & Osteoporosis Program & Behavioral Risk Factor Surveillance System, Cooperative Agreement Number u58/ccu722795-04. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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