

Texas Task Force on Arthritis & Texas Arthritis Action Plan

In September 2002, the Texas Task Force on Arthritis was established as an advisory group for the Texas Department of State Health Services Arthritis Program. Task Force membership includes representation from the Arthritis Foundation - North Texas Chapter, Texas Department of Aging and Disability Services, persons with/or affected by arthritis, organizations that serve the older adult population, and research and medical professionals with expertise in arthritis.

From December 2002 to June 2003, the Task Force reviewed available state arthritis data sources and program resources to develop the first Texas Arthritis Action Plan, which was released in November 2003. Current activities of the Task Force include assisting with the planning and implementation of action steps for primary and secondary prevention of arthritis within the framework of the following four strategies of the plan:

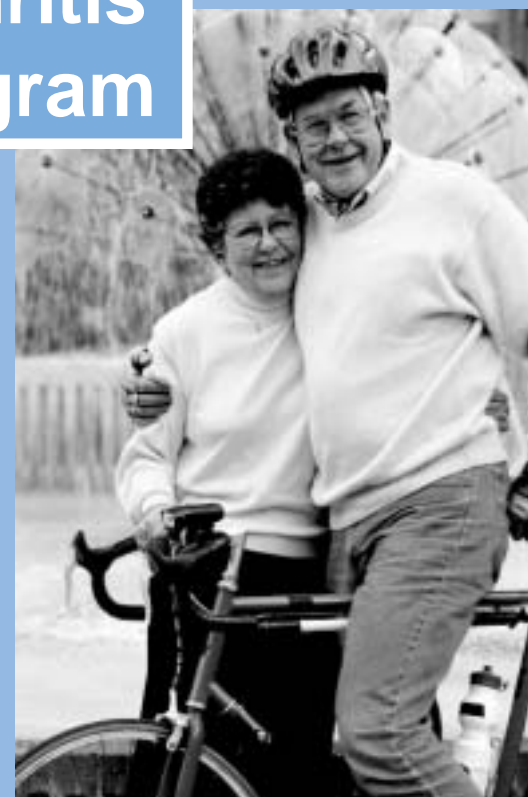
- * Surveillance, Data, and Outcome Management
- * Health Education, Communication and Outreach
- * Community Policy and Environmental Change
- * Clinical Prevention and Treatment

For more information about the Texas Arthritis Program or Texas Task Force on Arthritis contact:

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Austin, Texas 78756-3199
Phone: 512-458-7200
Fax: 512-458-7618
Web site: www.texasarthritisprogram.org



**Texas
Arthritis
Program**



Introduction

Arthritis is one of the most prevalent diseases in the United States and the leading cause of disability among adults. Common symptoms of arthritis include pain, aching, stiffness, and swelling in or around the joints. Common forms of arthritis include Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, and Juvenile Arthritis. However, arthritis can be seen in over 100 different conditions ranging from mild to life-threatening.

Impact of Arthritis in Texas

1. An estimated 3.8 million (24%) adult Texans, aged 18 and older, have doctor-diagnosed arthritis.
2. Thirty-eight percent of Texans with doctor-diagnosed arthritis have limitations in their daily activities.
3. Among Texans aged 65 years and older, 53% have doctor-diagnosed arthritis.
4. Twenty-seven percent of Texas women have doctor-diagnosed arthritis compared to 21% of Texas men.
5. Prevalence rates for Texans with doctor-diagnosed arthritis are higher among non-Hispanic whites (30%) and for African Americans (28%) than for Hispanics (13%).

Source: 2003 Texas Behavioral Risk Factor Surveillance System data.

Common Risk Factors of Arthritis

Age: Risk increases with age.

Gender: Risk is higher among women than men.

Genetic Predisposition: Risk increases with family history of arthritis.

Weight: Risk increases among persons more than 10 pounds overweight.

Injury: Risk increases among persons with past joint injuries.

Infections: Risk increases among persons with certain types of bacterial and viral infections.

Certain Occupations: Risk increases among persons whose work-related activities involve heavy physical labor.

Arthritis Management Programs

The Arthritis Foundation offers a wide variety of programs and resources to help people with arthritis manage and control their condition including:

- * Self help courses
- * Support groups
- * Instructional videotapes
- * Educational brochures and booklets
- * Water and land-based exercise classes
- * Home study courses
- * Educational forums

Here are some descriptions of programs and courses that are available:

Arthritis Foundation Aquatic Program - Incorporates range of motion, strengthening and endurance building exercises at warm water pool facilities.

Arthritis Self-Help Course - Teaches skills needed to build and carry out an individualized self-management program.

PACE® (People With Arthritis Can Exercise) - Incorporates non-impact exercises, standing or seated, to improve strength, flexibility, endurance; includes relaxation methods and health education.

For more information about these and other arthritis management programs and resources available in your area contact:

Arthritis Foundation - North Texas Chapter
Toll Free Phone: 1-800-442-6653

Web Resources

The Centers for Disease Control and Prevention Arthritis Program
www.cdc.gov/nccdphp/arthritis

National Arthritis Foundation
www.arthritis.org (enter zip code for local chapter offerings)

National Institute of Arthritis and Musculoskeletal and Skin Diseases
www.niams.nih.gov

American College of Rheumatology
www.rheumatology.org

American Juvenile Arthritis Organization
http://www.arthritis.org/communities/juvenile_arthritis/children_young_adults.asp

National Fibromyalgia Association
www.fmaware.org