



Iowa: Why Arthritis Matters

Arthritis affects **25.5%** of the population in Iowa. That's **619,000** adults living with doctor-diagnosed arthritis in the state.

- There are over **54 Million** American adults with doctor diagnosed arthritis in the U.S.
- 1 in 3** veterans has arthritis, which accounts for **14.8%** of the people in Iowa living with arthritis
- There are approximately **300,000 kids** with arthritis in the U.S. but only about **390 pediatric rheumatologists**. That's about 700 kids for each doctor.

Over 24 million Americans experience activity limitations due to their arthritis.

- 253,000** adults in Iowa have activity limitations caused by arthritis
- Among all adults in Iowa with arthritis, **34.3%** have work limitations
- Arthritis in the U.S. has an economic burden of **\$304 billion** – made up of medical expenses and lost wages

Adults with arthritis often have one or more chronic conditions.

- Mental Health:** Anxiety and depression affect **1/3** of U.S. adults with arthritis 45 years of age or older
- Diabetes:** **50.5%** of adults in IA with diabetes also have arthritis
- Heart Disease:** **56.6%** of adults in IA with heart disease also have arthritis
- Obesity:** **34%** of adults in IA who are obese also have arthritis

You can make a difference by advocating for state and federal legislation that will help people with arthritis in Iowa. Legislative priorities for 2019 include:

- Out-of-Pocket Cost Limits:** Legislation that tackles high out-of-pocket costs for specialty medications
- Mid-Year Formulary Changes:** Legislation that prohibits inappropriate formulary changes during a plan year

Contact your local Arthritis Foundation [State Director of Advocacy & Access](#) to learn more.

Visit arthritis.org/advocate/our-policy-priorities to learn about our priorities.

Capital: Des Moines
Founded: 1846
State Tree: Oak

