



# North Carolina: Why Arthritis Matters

Arthritis affects **26.1%** of the population in North Carolina. That's **2,089,000** 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 **15.5%** of the people in North Carolina 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.

- 1,161,000** adults in North Carolina have activity limitations caused by arthritis
- Among all adults in North Carolina with arthritis, **48.3%** 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:** **49.6%** of adults in NC with diabetes also have arthritis
- Heart Disease:** **61.9%** of adults in NC with heart disease also have arthritis
- Obesity:** **34.6%** of adults in NC 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 North Carolina. Legislative priorities for 2019 include:

- Civic Engagement:** Teach our volunteers how to effectively engage with their state legislators
- Congressional Arthritis Caucus:** Grows the bipartisan Congressional Arthritis Caucus, a forum to educate Members of Congress about the most pressing issues facing people with arthritis

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

Visit [arthritis.org/advocate/our-policy-priorities](http://arthritis.org/advocate/our-policy-priorities) to learn about our priorities.

Capital: Raleigh  
Founded: 1789  
State Tree: Longleaf Pine

