

# Gout by the Numbers

Gout is the most common type of inflammatory arthritis. It affects **9.2 million** adults in the U.S. and causes sudden and intense joint pain and swelling called flares. Getting the right treatment can help control gout. To find help and answers about gout, visit [arthritis.org/about-gout](https://www.arthritis.org/about-gout).

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Half of those surveyed say they struggled a lot during their last gout flare to move about, do everyday tasks and take part in fun or recreational activities.



**46%**

How much more likely it is that Black adults are to have gout than white adults.

**3x**

How much more likely men are to develop gout compared to premenopausal women.

**83%**

The percentage of people with gout who say they have moderate or extreme control of their condition.

**74%**

The percentage of those with gout who say they are moderately or extremely concerned about their condition.



**91%**

The percentage of gout patients who say they are optimistic that their treatment can help them, despite their diagnosis.

**40+**

The age at which gout tends to affect men. Gout typically affects women after menopause.

*"Now that I'm able to successfully manage gout proactively, I've regained the quality of life that all of us richly deserve."*

— Gary Ho, gout patient



Sources: Rheumatology, G. Singh, B. Lingala, A. Mithal; CDC; JAMA Network Open, N. McCormick, et al.; Arthritis Foundation Gout Experience Report

In 2025, the Arthritis Foundation and Dartmouth College conducted a gout patient survey and focus group to identify care gaps and future opportunities to improve the gout patient experience. This report highlights key findings and supporting data. For more information and support, contact the Arthritis Foundation Helpline at **800-283-7800** or [arthritis.org/helpline](https://www.arthritis.org/helpline).

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