



Arthritis and its comorbidities

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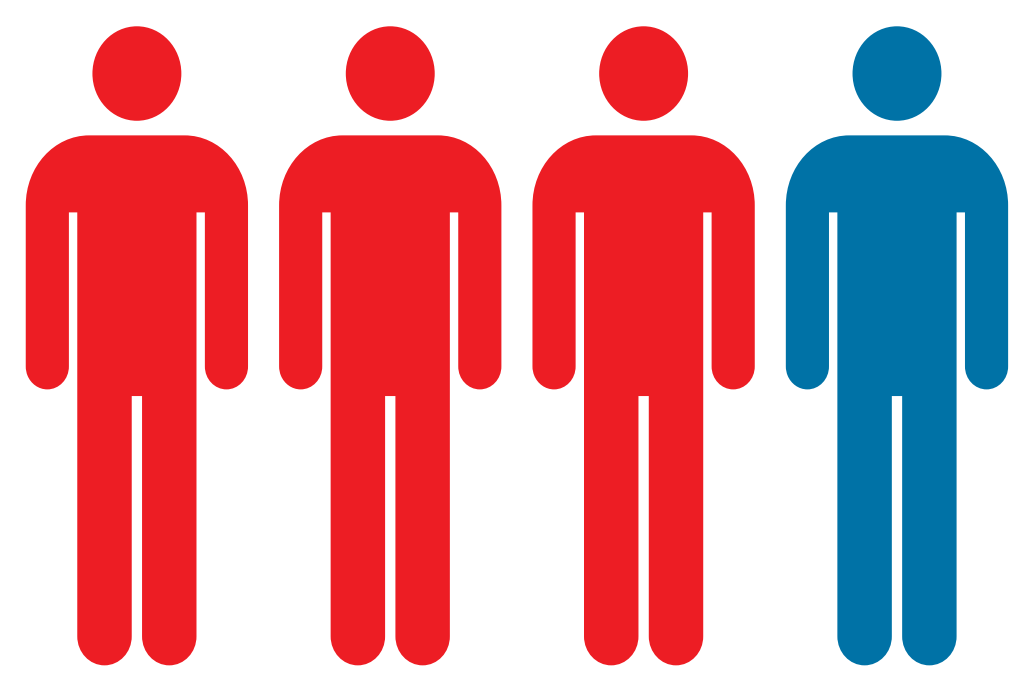
Aims)))

People with arthritis often have other chronic diseases and long-term conditions. These comorbidities are frequently associated with more complex clinical management, increased health costs and worse health outcomes. The aim of this poster is to present the latest prevalence estimates for comorbidities and risk factors associated with arthritis.

Results)))

An estimated 3.3 million Australians (15% of the total population) have arthritis. Of these, nearly three-quarters (73%) have a least one other chronic condition, with 36% having one other, 24% having two other, and 15% having three or more other chronic conditions.

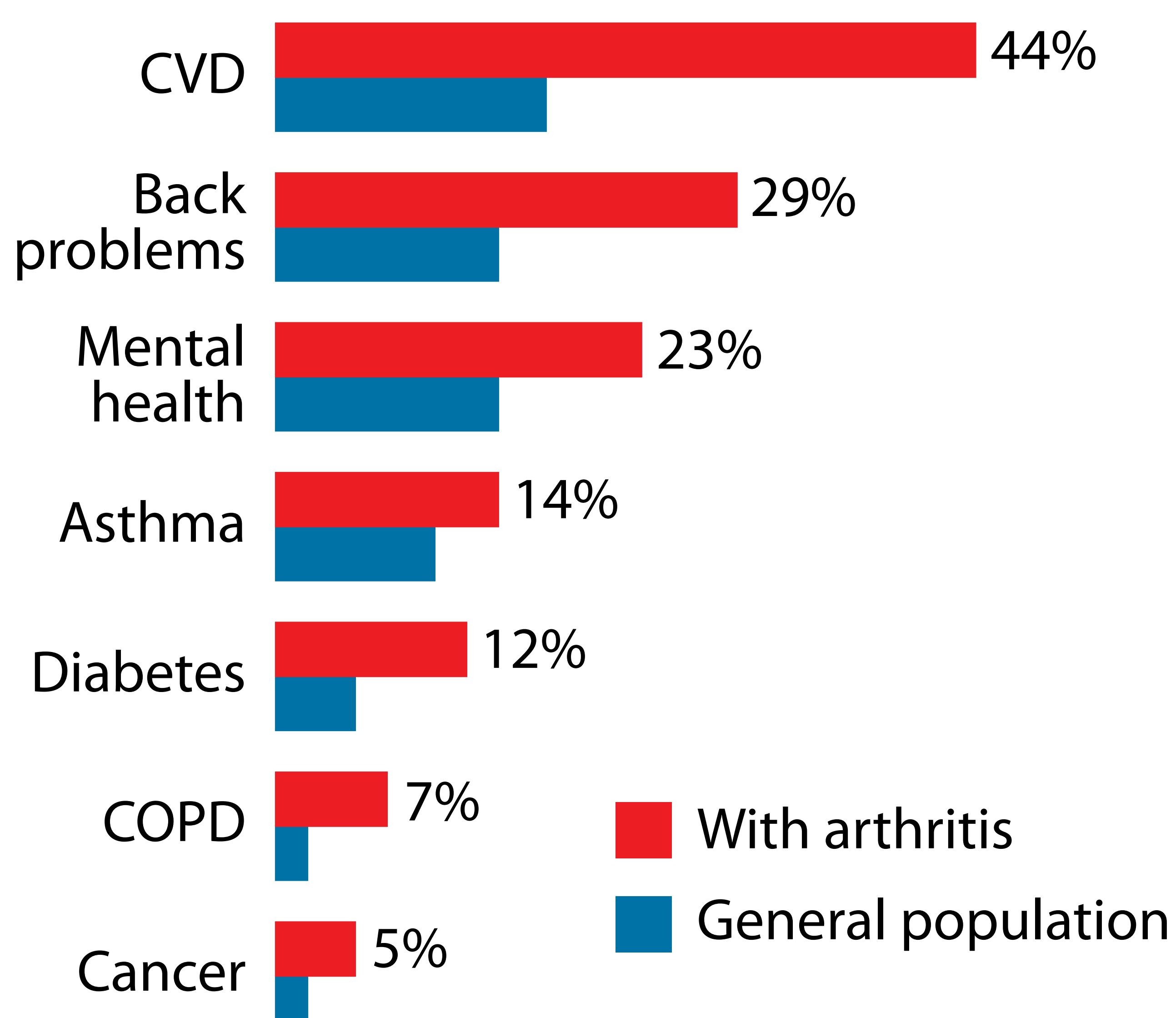
Cardiovascular disease is the most common comorbidity (44%) associated with arthritis, followed by back problems (29%), mental health problems (23%), asthma (14%) and diabetes (13%). Compared to people without arthritis, people with arthritis were more likely to be inactive and overweight/obese but slightly less likely to smoke.



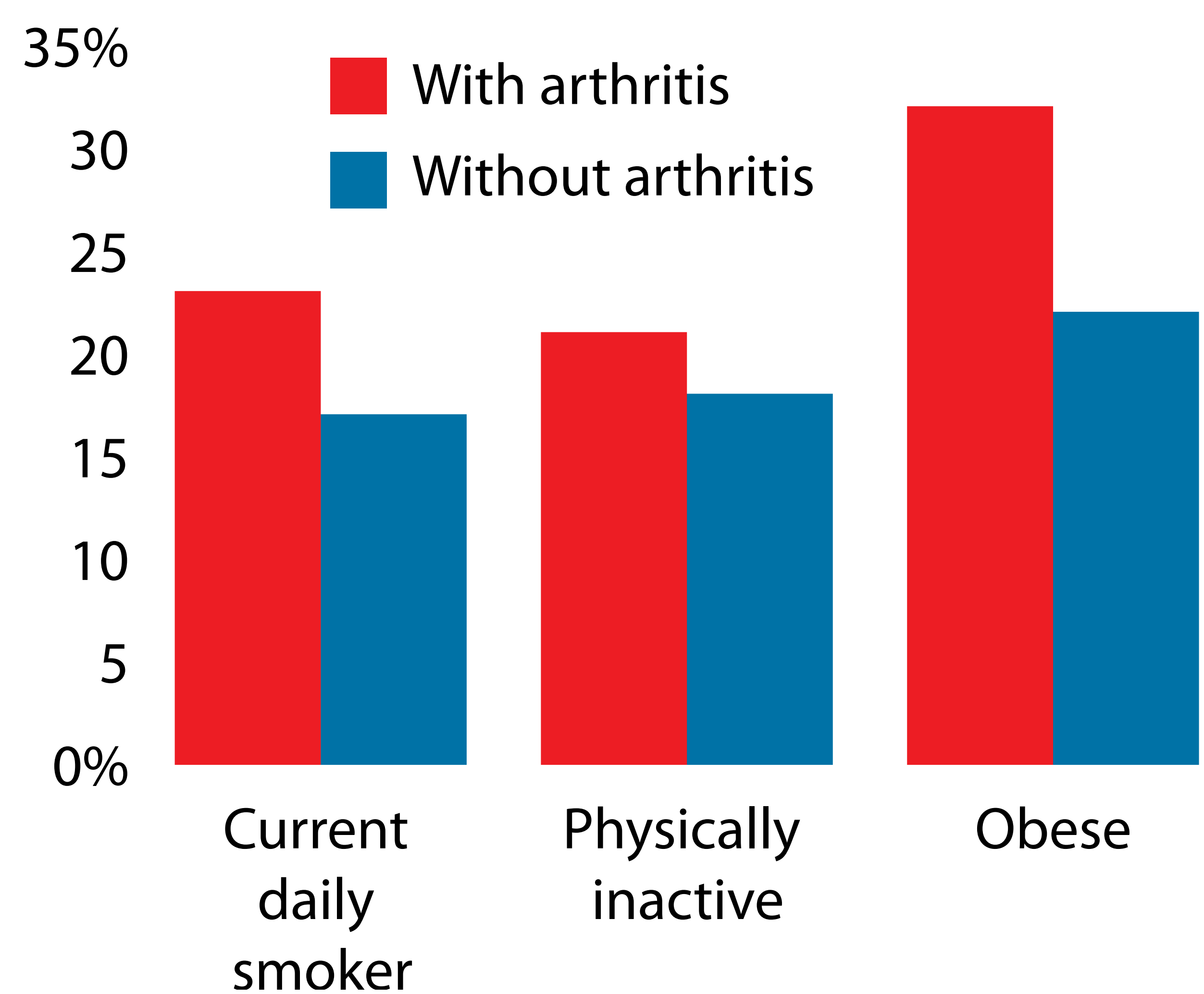
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Australians with arthritis report at least one other chronic condition.

Common comorbidities



Risk factors



After adjusting for age, people with arthritis were more likely to be current smokers, physically inactive and obese than those without arthritis.

When comparing younger people (aged 18–44) to older people (aged 45 or over):

- younger people were more likely to be current daily smokers (30% compared with 16% of older people).

Older people were more likely to be:

- physically inactive (25%) than younger people (17%)
- obese (35% compared with 30% of people aged 18–44).

Methods)))

Self-reported data from the latest Australian Bureau of Statistics National Health Survey (2011–12) was used to estimate the prevalence of comorbidities and risk factors associated with arthritis. For the purposes of these analyses, 'arthritis' includes osteoarthritis, rheumatoid arthritis and other arthritic conditions.

Conclusion)))

There is a high prevalence of comorbidities associated with arthritis. This highlights the need for holistic health care that focuses on a person's entire range of comorbidities.