

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



ARTHRITIS IN TARRANT COUNTY

ARTHRITIS is a general term for conditions that affect the joints, tissues around the joints, and other connective tissues. Arthritis is a leading cause of disability, and causes pain, aching, stiffness, and swelling of joints, but is not a normal part of aging. There are more than 100 types of arthritis. Specific symptoms vary depending on arthritis type. The most common types are osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia.

- **25%** of Tarrant County adults have been diagnosed with some form of arthritis and of those diagnosed, **40%** reported activity limitations due to arthritis or joint symptoms.
- Among Tarrant County adults with some form of arthritis:
 - **66%** received a physical activity or exercise suggestion from a healthcare professional
 - **29%** of adults reported arthritis-attributable work limitations on the amount of work or type of work they do
 - **19%** have taken an educational course or class to manage problems related to arthritis or joint pains

Figure 1. Prevalence of arthritis among Tarrant County adults aged 18 years and older, 2015 - 2024[†]

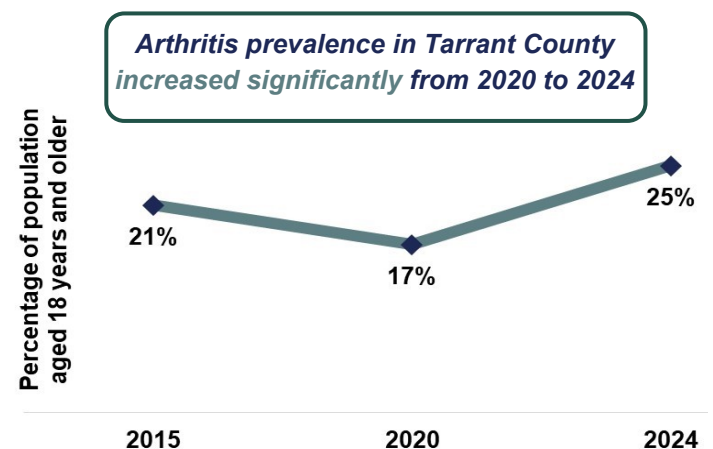
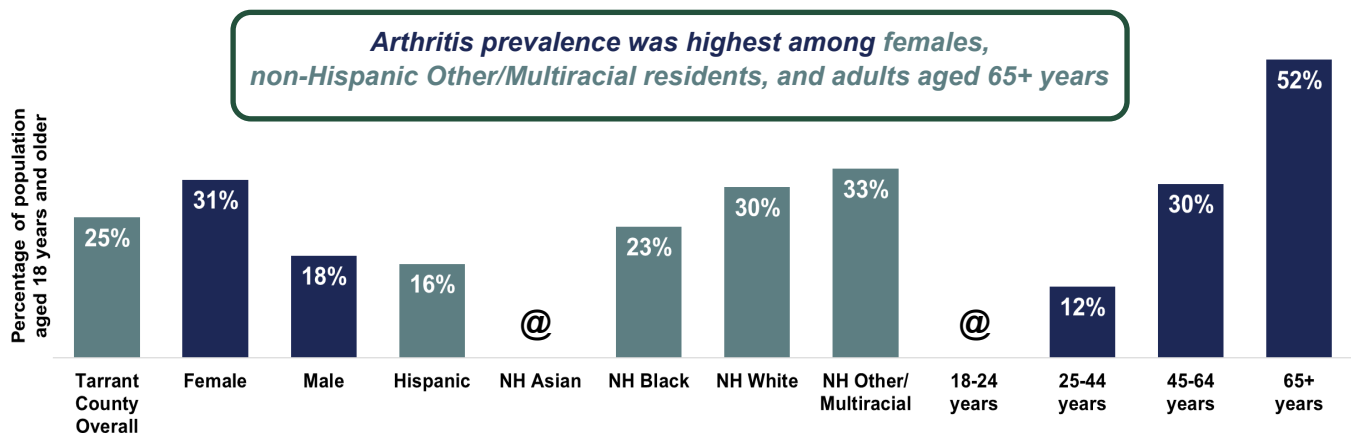


Figure 2. Prevalence of arthritis among Tarrant County adults aged 18 years and older by demographic group, 2024[†]



@ = number too small to calculate reliable estimates; NH = Non-Hispanic

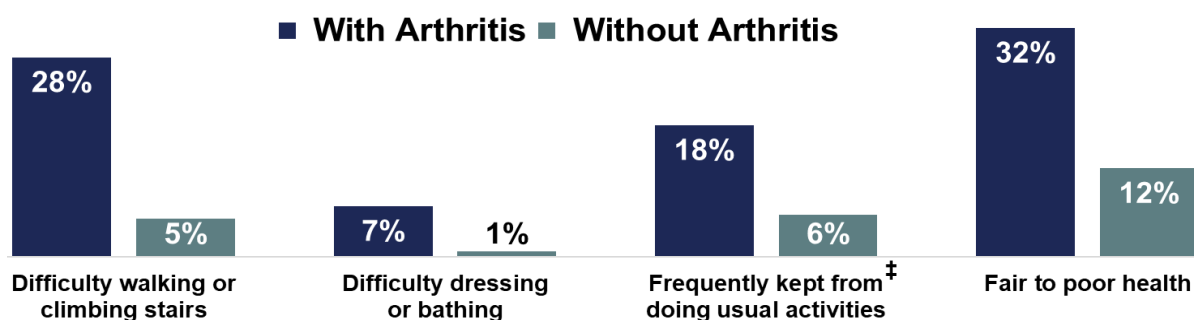
[†]Diagnosed by a health professional with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia

All significant differences detected at the 95% confidence level

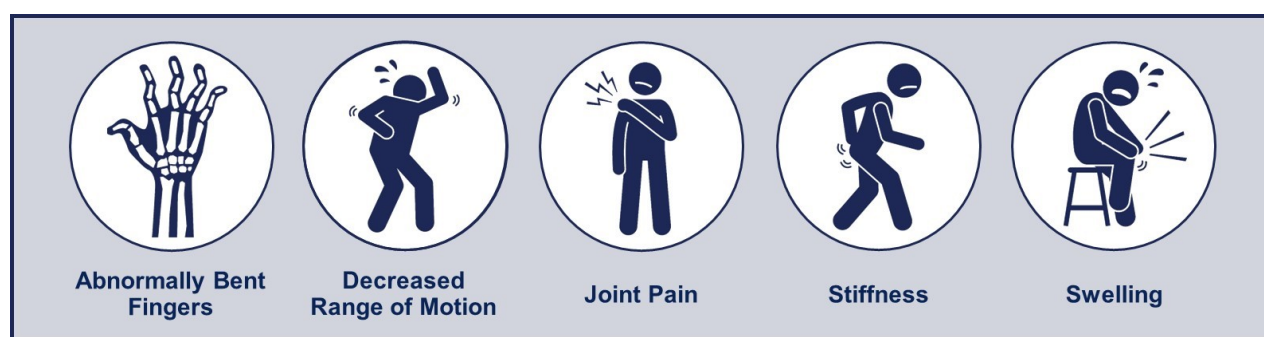
Data source: Tarrant County Behavioral Risk Factor Surveillance System

Data Brief provided by: Statistical Analysis Team

Figure 3. Adverse health outcomes reported by significantly more adults WITH arthritis compared to adults WITHOUT arthritis, Tarrant County, 2024[†]



Signs and Symptoms of Arthritis



Risk Factors for Arthritis



Modifiable risk factors include smoking, joint injuries, overweight and obesity that can be controlled by making lifestyle changes which help to decrease the risk of getting some types of arthritis or making arthritis worse.

Managing Arthritis

- **Be active** - Physical activity is a simple and effective, drug-free way to relieve arthritis pain
- **Talk to your doctor** - Talk to your doctor if you have joint pain or arthritis symptoms to get an accurate diagnosis to start treatment
- **Manage your weight** - Losing weight reduces stress on joints and can reduce pain
- **Protect your joints** - Low-impact activities have a low risk of injury; Avoid repetitive motion of joints
- **Learn new self-management** - Join a self-management education workshop

Resources and Support

- **Tarrant County Public Health: Bone & Joint Health**
[\[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/nutrition/live-a-more-colorful-life/bone-and-joint-health.html\]](https://tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/nutrition/live-a-more-colorful-life/bone-and-joint-health.html)
- **Health For Me Self-Management Classes**
[\[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-for-me.html\]](https://tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-for-me.html)
- **Aging & Disability Resource Center of Tarrant County** [\[unitedwaytarrant.org/aging-disability-resource-center/\]](https://unitedwaytarrant.org/aging-disability-resource-center/)
- **Arthritis Foundation** [\[arthritis.org\]](https://arthritis.org)

[†]Diagnosed by a health professional with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

[‡]Kept from doing usual activities 14+ days over the previous 30 days; All significant differences detected at the

95% confidence level; Data source: Tarrant County Behavioral Risk Factor Surveillance System, 2024;

Data Brief provided by: Statistical Analysis Team