

# Examining the Association Between Arthritis and Mental, Physical, and General Health Experiences Among Kansas Adults, KS BRFSS, 2016 – 2021

Shannon Metz, MPH | Steven Corbett, PhD  
 Kansas Department of Health and Environment



## BACKGROUND

Arthritis is inflammation of the joints, often resulting in pain and stiffness that worsens with age. In addition to the physical symptoms of arthritis, about 20% of adults with arthritis also experience adverse mental health outcomes, such as anxiety and depression.

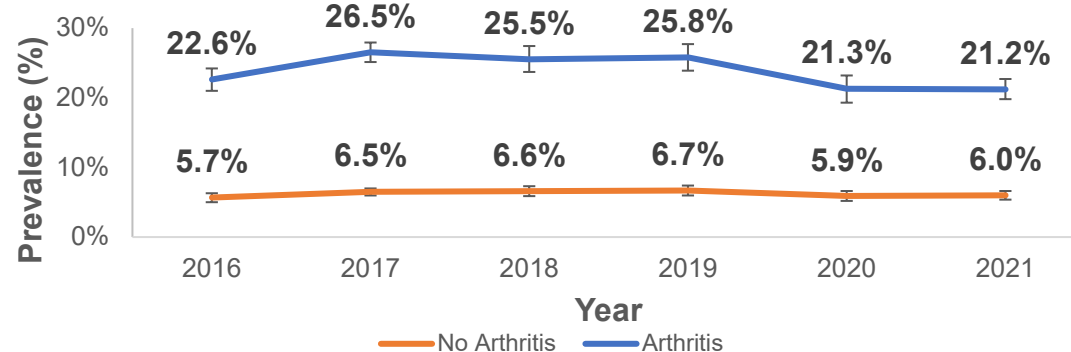
## METHODS

Weighted data from the KS BRFSS from 2016 – 2021 were analyzed. The following topics were included in the analysis: arthritis prevalence,  $\geq 14$  days of poor mental health,  $\geq 14$  days of poor physical health, and fair/poor general health. Descriptive statistics and Chi-square tests were used for analysis of these variables.

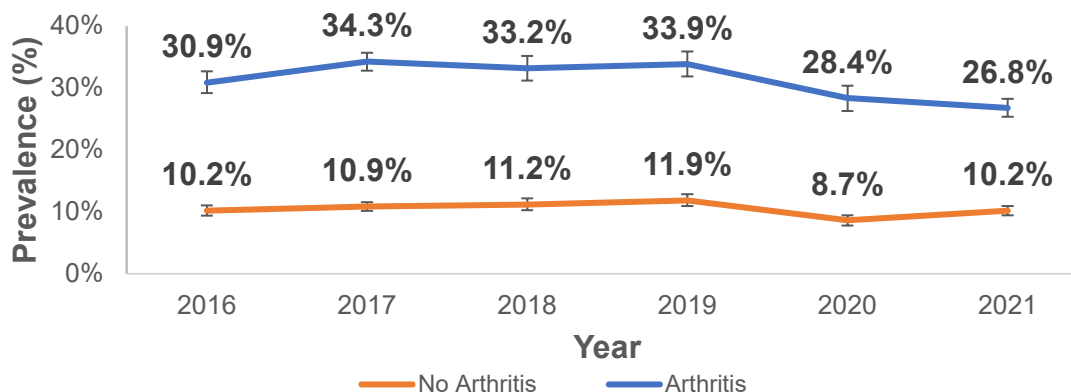
## RESULTS

Between 2016 and 2021, the overall prevalence of arthritis remained stable, with one in four adult Kansans reporting they have arthritis. When asked how many days of the last 30 days their mental health was “not good”, adults with arthritis were significantly more likely to report that they had  $\geq 14$  days of poor mental health than those without arthritis.

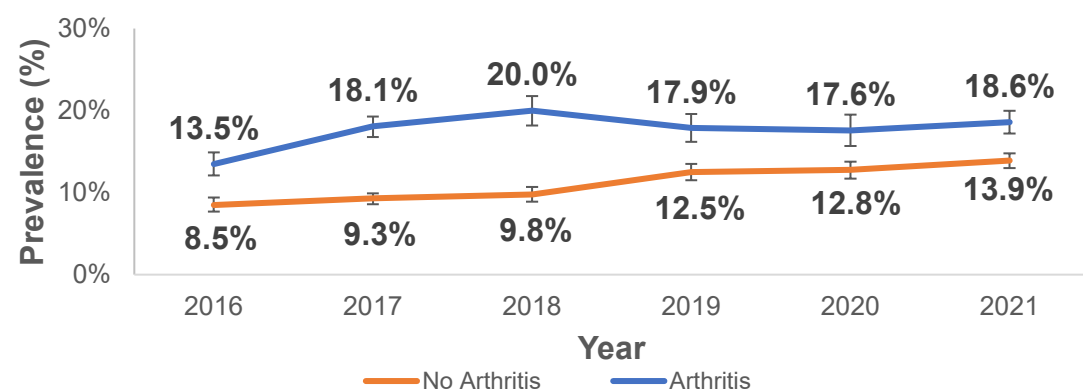
$\geq 14$  Days of Poor Physical Health by Arthritis Status among Kansas Adults, KS BRFSS, 2016 - 2021



Fair/Poor Health by Arthritis Status among Kansas Adults, KS BRFSS, 2016 - 2021



$\geq 14$  Days Poor Mental Health by Arthritis Status among Kansas Adults, KS BRFSS, 2016 - 2021



## RESULTS

When asked about their physical health, adults with arthritis were significantly more likely to report that they had  $\geq 14$  days of poor physical health than those without arthritis. Additionally, Kansas adults with arthritis were significantly more likely to report they have fair or poor general health compared to those without arthritis.

## CONCLUSION

The findings indicate the health burdens of arthritis are not limited to the joint pain and stiffness that normally characterize arthritis. For Kansas adults, arthritis is associated with self-perceptions of poor mental, physical, and general health. Both the mental and physical symptoms of arthritis should be considered when seeking to reduce the burden of arthritis.

## SOURCE

2016 – 2021 Kansas Behavioral Risk Factor Surveillance System (KS BRFSS). Bureau of Health Promotion, Kansas Department of Health and Environment.

