

ARTHRITIS, OSTEOPOROSIS AND CHRONIC BACK CONDITIONS — OVERVIEW

Arthritis

Arthritis means joint inflammation, but the term is used to describe more than 100 rheumatic diseases and conditions that affect joints, the tissues surrounding the joints and other connective tissues. The most common are osteoarthritis, gout, rheumatoid arthritis, lupus, and fibromyalgia. The pattern, severity and location of symptoms can vary depending on the specific form of the disease. Common symptoms include pain and stiffness in and around one or more joints that can develop gradually or suddenly (CDC 2007).

Osteoporosis

Osteoporosis means porous bone. Osteoporosis is also used to describe a skeletal disease that results in a deterioration of skeletal tissue and low bone mass. It causes bones to become weak, brittle, and more vulnerable to fractures. Osteoporosis is often undetected and not diagnosed until a fracture or vertebral collapse occurs from a sudden strain, bump or fall. The most common fractures occur in the hip, spine and wrist (DHHS 2004).

Chronic Back Conditions

Chronic back conditions, including chronic back pain, are defined several different ways: the occurrence of back pain lasting for more than seven to 12 weeks, back pain lasting beyond the expected period of healing, or frequently recurring back pain. Chronic back conditions are the most common physical complaint among American adults. Typically, back pain is measured by where the pain occurs (e.g., lower back pain), activity limitation, impairment, and disability. According to the Centers for Disease Control, most back problems originate from bad habits generally developed over a long period of time: poor posture; overexertion in work and play; sitting incorrectly at a desk or steering wheel; or pushing, pulling, and lifting things carelessly (CDC 2000).

National prevalence of arthritis, osteoporosis and chronic back conditions

Arthritis

In the U.S., the age-adjusted prevalence of doctor-diagnosed arthritis is estimated to be 21.3% among adults ages 18 and over (Pleis 2006).

Osteoporosis

In 2010, the overall prevalence of osteoporosis in the U.S. among adults ages 50 is projected to be 12% (DHHS 2004).

Chronic Back Conditions

In the U.S., the age-adjusted prevalence of pain in the lower back among persons 18 years of age and over is 28.4% (Pleis 2006).

ARTHRITIS, OSTEOPOROSIS AND CHRONIC BACK CONDITIONS (continued)

Who is most impacted

Arthritis

Arthritis affects more than one in five adults in the U.S., but its impact is greater on certain segments of the population. For example, based on the 2006 National Health Interview Survey:

- Females have a 36.3% higher prevalence rate of doctor-diagnosed arthritis than males, 24.4% and 17.9%, respectively.
- The prevalence of arthritis increases sharply among those ages 65 and over. Over 54% of those ages 75 and over reported they have doctor-diagnosed arthritis.
- Whites and African Americans are impacted by arthritis at similar rates, 21.6% and 21.2%, respectively.
- The prevalence of arthritis increases sharply among those with higher body mass index. Among those classified as obese, the prevalence of arthritis is twice the rate of those classified as normal or underweight, 32% and 16%, respectively.

Osteoporosis

According to a 2004 Surgeon General's report on bone health, the precise number of people suffering from osteoporosis is difficult to determine because definitions of osteoporosis have not been developed for all subpopulations. However, it is known that osteoporosis is more common among individuals over the age of 50 and among women (DHHS 2004). The following is some of the information available at this time.

- Females are heavily impacted by osteoporosis in all age categories and across various racial and ethnic groups than males.
- Whites are more impacted by osteoporosis than other race/ethnic groups.
- More than one out of two females ages 85 or older have osteoporosis.

Back Pain

In the U.S., the overall prevalence of self-reported lower back pain is estimated to be 28.4% among adults 18 years and over. The impact of lower back pain is greater on different segments of the population. For example, based on the 2006 National Health Interview Survey:

- Females have a 15.5% higher prevalence rate of lower back pain than males, 30.3% and 26.2%, respectively.
- Prevalence rates of lower back pain increase with age ranging from 25.0% among those between ages 18 and 44 to over 32% among those age 65 and over.

ARTHRITIS, OSTEOPOROSIS AND CHRONIC BACK CONDITIONS (continued)

Arthritis-related hospitalizations in the North Inland Region

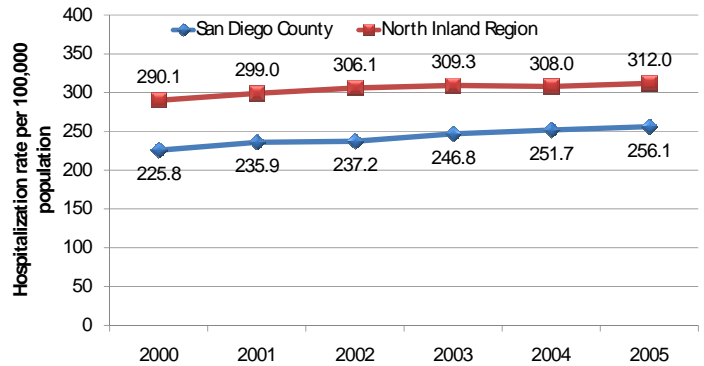
Between 2000 and 2005, arthritis-related conditions among North Inland residents were the principal diagnosis for 9,473 hospitalizations, averaging 1,579 hospitalizations annually.

Since 2000, the annual hospitalization rate increased from 290.1 to 312.0 per 100,000 population, a 7.5% increase.

Those with the highest arthritis related hospitalization rates included:

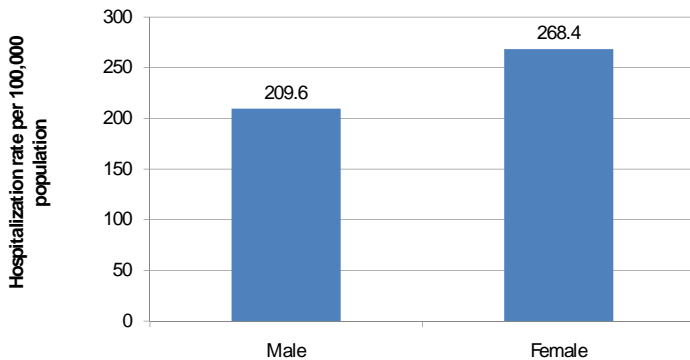
- Females
- African Americans
- Persons ages 65 and over

Arthritis Hospitalization Rate 2000 - 2005



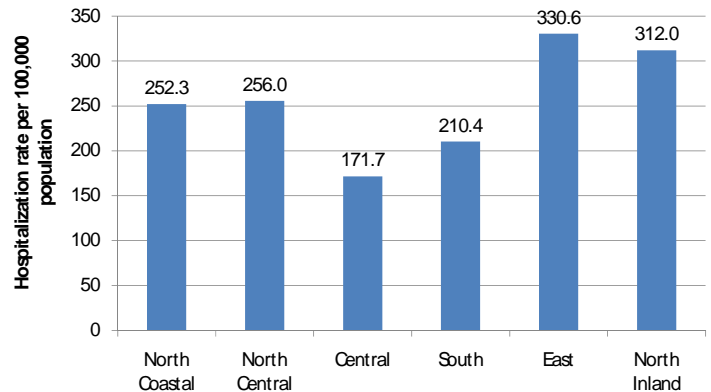
Source: Hospital Discharge Data, (CA OSHPD), CoSD, HHSA, Community Epidemiology; SANDAG, Current Population Estimates, 9/27/2006. Data prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 12/12/2006.

Arthritis Hospitalization Rate By Gender, North Inland Region, 2005



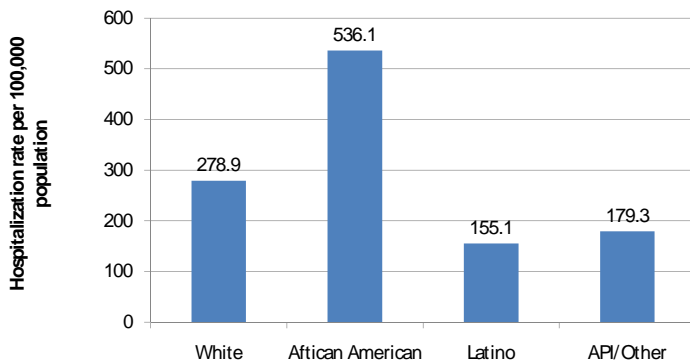
Source: Hospital Discharge Data, (CA OSHPD), CoSD, HHSA, Community Epidemiology; SANDAG, Current Population Estimates, 9/27/2006. Data prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 12/12/2006.

Arthritis Hospitalization Rate By Region, San Diego County, 2005



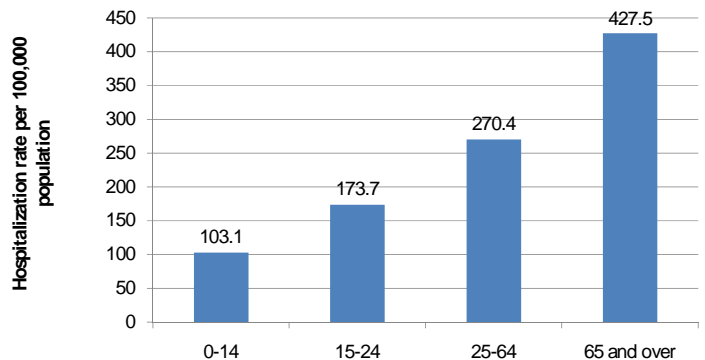
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Arthritis Hospitalization Rate By Race/Ethnicity, North Inland Region, 2005



Source: Hospital Discharge Data, (CA OSHPD), CoSD, HHSA, Community Epidemiology; SANDAG, Current Population Estimates, 9/27/2006. Data prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 12/12/2006.

Arthritis Hospitalization Rate By Age, North Inland Region, 2005



Source: Hospital Discharge Data, (CA OSHPD), CoSD, HHSA, Community Epidemiology; SANDAG, Current Population Estimates, 9/27/2006. Data prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 12/12/2006.