



OCCUPATIONAL HEALTH

An informational quarterly newsletter.

ARTHRITIS ON THE JOB

Arthritis can affect a worker's ability to perform their normal job functions. Preventing arthritis and managing arthritis symptoms can help employees stay at work or return to work faster.

Arthritis Prevalence Among Workers in Montana, 2013-2017

- Among those employed, **17.7%** reported being diagnosed with some form of arthritis.
- **Overweight or obese** workers reported arthritis more often than workers in the healthy BMI range. Extra weight increases the stress on joints.
- Of those affected by arthritis:
 - **43.9%** reported their arthritis **affected their daily life activities** and
 - **29.1%** said their arthritis **affected their ability to do their job**.

Top 5 Affected Industries and Occupations, Montana 2013-2017

Industries and occupations that require more physical work and repetitive movement can lead to an increased risk of arthritis.

Industry	Arthritis Prevalence	Occupation	Arthritis Prevalence
Accommodation & Food Services	23.1%	Production Occupations	25.1%
Other Services, Except Public Administration	22.5%	Sales & Related Occupations	23.4%
Wholesale & Retail Trade	21.9%	Office & Admin Support	21.1%
Arts, Entertainment, & Recreation	21.6%	Service Occupations	21.0%
Utilities, Transportation, & Warehousing	21.1%	Transportation Occupations	20.9%

Prevention and Management Tips

Melissa Dale, program manager for the [Montana Arthritis Program](#), recommends regular, low-impact **physical activity**, and **maintaining a healthy weight** as the best ways to manage arthritis and joint stiffness. Staying active reduces arthritis pain, increases joint range of motion, and reduces everyday activity limitations. In addition, maintaining a healthy weight is crucial to keeping joints healthy.

The Montana Arthritis Program offers Montanans arthritis-approved exercise and self-management programs. Employers who are interested in implementing worksite wellness programs to help their employees manage their arthritis and other chronic conditions can contact Melissa for more information.

NOTEWORTHY NEWS

Find all of our newsletters and more reports on other occupational health and safety topics at our website, <http://mtworkerhealth.mt.gov>.

Data are from the Montana Behavioral Risk Factor Surveillance System (BRFSS), a health-related survey of non-institutionalized adults ages 18 and older. All data are age-adjusted.

If you have questions or comments, please contact:

Emily Healy
DLI MOHSS Epidemiologist
emily.healy@mt.gov
(406) 444-1722

or

Melissa Dale
Montana DPHHS
Arthritis Program
melissa.dale@mt.gov
406-444-0959

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