

# Improving Arthritis Outcomes Through Physical Activity and Education

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Managing arthritis pain is important to help people feel better and stay active. Regular physical activity and arthritis education courses can help reduce pain, improve movement, and manage everyday arthritis symptoms. Counseling from a health care provider can help people with arthritis be more active and access an education course ([Healthy People 2030](#)).

If you need help accessing or understanding this information, contact [ahs.vdhdpdpanalytics@vermont.gov](mailto:ahs.vdhdpdpanalytics@vermont.gov).

## Health Care Provider Recommendations for Physical Activity



- Adults with arthritis who are physically active are significantly less likely to experience severe joint pain (17%) than those who are not (32%).
- Two thirds (67%) of Vermont adults with arthritis who saw a health care provider for a routine checkup in the last two years have had a provider suggest physical activity or exercise to help with joint symptoms. Three quarters (75%) of them report being physically active in the last month.
- Health care providers recommending physical activity for adults with arthritis to help with joint symptoms is significantly higher among those experiencing work (75%) and lifestyle (76%) limitations due to arthritis compared to those who are not (62% and 60%, respectively).

## Educational Course in Arthritis Management



- Only 13% of Vermont adults with arthritis have taken an educational course on how to manage their arthritis or joint symptoms.
- People with severe arthritis joint pain (29%) are slightly more likely to take a course than those without severe joint pain (20%). Educational courses are encouraged for all arthritis patients, regardless of pain level.
- Adults experiencing work (18%) and lifestyle (18%) limitations due to arthritis are significantly more likely to attend an educational course compared to those who are not (11% and 10%, respectively).

## Resources



- [Low impact physical activity](#) can reduce pain and improve function.
- Physical activity support/group options through [UVM's Walk with Ease](#).
- [My Healthy VT's Chronic Pain Management Workshop](#) can help with arthritis.



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