

Vermont: Why Arthritis Matters

Arthritis affects **26%** of the population in Vermont. That's **167,000** adults living with doctor-diagnosed arthritis in the state.

As of January 2023

- ▼ There are nearly **60 Million** American adults with doctor diagnosed arthritis in the U.S.
- ▼ **1 in 3** veterans has arthritis, which accounts for **14,000** of the people in Vermont living with arthritis
- ▼ There are approximately **300,000 kids** with arthritis in the U.S. but only about **450 pediatric rheumatologists**. That's about 700 kids for each doctor.

Over 24 million Americans experience activity limitations due to their arthritis.

- ▼ **77,000** adults in Vermont have activity limitations caused by arthritis
- ▼ Among all adults in Vermont with arthritis, **37%** have work limitations
- ▼ Arthritis in the U.S. has an economic burden of **\$304 billion** – made up of medical expenses and lost wages

Arthritis Foundation data has found:

- ▼ 100% of arthritis patients reported experiencing pain in the last 7 days, with 75% reporting that pain has impacted their day-to-day activities.
- ▼ 37% of arthritis patients reported having trouble affording their out-of-pocket costs this past year. 54% of those say they have incurred debt or suffered financial hardship because of it and 41% said their health worsened.
- ▼ Prior authorization is consistently cited as the top health coverage-related challenge for people living with arthritis, and has led to negative health impacts.

We are helping people living with arthritis achieve their Ideal Model of Care by:

- ▼ Making healthcare more affordable by lowering out-of-pocket costs.
- ▼ Reducing administrative burdens to care, such as inappropriate use of prior authorization and step therapy.
- ▼ Addressing workforce shortages, ensuring the appropriate providers are available to treat people with arthritis, particularly in undeserved areas.

**Contact the Arthritis
Foundation's Advocacy
and Access team for more
information.**



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American Board of Pediatrics (ABP). 2022 Distribution of US-Based Pediatric Subspecialists Ever Certified by the ABP, Age 70 and Under: Pediatric Rheumatology. 2022.

<https://www.abp.org/content/us-map-subspecialists-state>

US Department of Veterans Affairs (VA). Veteran Population— Fiscal Year 2020. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6344a4.htm>

Centers for Disease Control and Prevention (CDC). 2015 Behavioral Risk Factor Surveillance Survey. https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm#prev

Arthritis Foundation. May 2021 How it Hurts - Annual Report on the Impact of Arthritis Pain. <https://www.arthritis.org/liveeyes/insights/how-it-hurts>

Arthritis Foundation Advocacy 2023. <https://www.arthritis.org/advocacy>