

## **Physical Activity improves quality of life for people with Arthritis**

From: Quality of Life Research Group

For a person living with pain and stiffness from arthritis, exercise may not be appealing. However, physical activity can benefit people with arthritis by easing stiffness in the joint, managing weight, elevating mood and potentially easing the pain. Yet, according to an earlier study reported in ICAA Research Review ([11\[30\] August 2011](#)), a survey of 1,111 adults, ages 49-84 years, with doctor-diagnosed osteoarthritis in the knee found that 40.1% of men and 56.5% of women were inactive. A new study shows that inactivity impacts quality of life.

Guidelines recommend that or people with chronic conditions, including arthritis, achieve 150 minutes/week of moderate or vigorous activity each week, which can be achieved by 30 minutes/day on five days of the week.

**STUDY:** Using data from the [2007 US Behavioral Risk Factor Surveillance System survey](#), an analysis compared the health-related quality of life of 33,071 adults with physician-diagnosed arthritis, 45 years or older, to their levels of physical activity. The introduction to the study stated that people with arthritis report four more physically unhealthy days and 2.3 more mentally unhealthy days, on average, than people without arthritis.

**FINDINGS:** Responses to the telephone survey showed that 60% of the people with arthritis did not meet physical activity guidelines. They reported 7.7 physically unhealthy days and 4.4 mentally unhealthy days. Individuals who did not meet physical activity guidelines had 1.14 more physically unhealthy and 1.12 more mentally unhealthy days compared to those who did meet the guidelines.

**COMMENT:** The authors wrote that “adherence to physical activity is important to improve health-related quality of life for individuals with arthritis. However, adherence is low among this population. Interventions are required to engage individuals with arthritis in physical activity.”