

## World Arthritis Day 2018 and National Mental Illness Awareness Week

World Arthritis Day\* is October 12, 2018, and National Mental Illness Awareness Week† is October 7–13, 2018. World Arthritis Day encourages organizations and individuals to work toward increasing awareness about arthritis and other rheumatic conditions worldwide. National Mental Illness Awareness Week seeks to educate the public, combat stigma, and provide support to those affected by mental illness.

A report in this issue found that adults with arthritis had higher prevalences of symptoms of anxiety (22.5%) and depression (12.1%) compared with adults without arthritis (1). Community-delivered self-management educational programs, such as the Chronic Disease Self-Management Program,<sup>§</sup> can increase self-efficacy (confidence) and physical activity (e.g., walking), improve self-rated health, and reduce depression, fatigue, and pain (2). CDC works with national and state partners to disseminate these educational programs in communities.

### References

1. Guglielmo D, Hootman JM, Boring MA, et al. Symptoms of anxiety and depression among adults with arthritis—United States, 2015–2017. *MMWR Morb Mortal Wkly Rep* 2018;67:1081–7.
2. Brady TJ, Murphy L, O'Colmain BJ, et al. A meta-analysis of health status, health behaviors, and healthcare utilization outcomes of the Chronic Disease Self-Management Program. *Prev Chronic Dis* 2013;10:120112. <https://doi.org/10.5888/pcd10.120112>

\* [https://www.eular.org/what\\_we\\_do\\_dont\\_delay\\_connect\\_today\\_2018.cfm](https://www.eular.org/what_we_do_dont_delay_connect_today_2018.cfm).

† <https://www.nami.org/Get-Involved/Raise-Awareness/Awareness-Events/Mental-Illness-Awareness-Week>.

§ [https://www.cdc.gov/arthritis/marketing-support/1-2-3-approach/docs/pdf/provider\\_fact\\_sheet\\_cdsmp.pdf](https://www.cdc.gov/arthritis/marketing-support/1-2-3-approach/docs/pdf/provider_fact_sheet_cdsmp.pdf).

## Symptoms of Anxiety and Depression Among Adults with Arthritis — United States, 2015–2017

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An estimated 54.4 million (22.7%) U.S. adults have doctor-diagnosed arthritis (1). A report in 2012 found that, among adults aged  $\geq 45$  years with arthritis, approximately one third reported having anxiety or depression, with anxiety more common than depression (2). Studies examining mental health conditions in adults with arthritis have focused largely on depression, arthritis subtypes, and middle-aged and older adults, or have not been nationally representative (3). To

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