

Arthritis Facts

Busting myths and sharing stats



There are **10m** people in the UK living with arthritis.

23.3m 'working days' are lost each year due to arthritis

1 in 5 people experience persistent pain.

Arthritis is the largest cause of disability in the UK.

For over 80 years we have helped people manage their arthritis.

By the age of 70 **50%** of the population will have arthritis.

There are over **200** types of arthritis.

Exercise & healthy eating are part of self-managing arthritis.

For more information about arthritis visit our website:
www.arthritisaction.org.uk