



A MINUTE OF HEALTH WITH CDC

Less Weight, Less Pain

Health Care Provider Counseling for Weight Loss Among Adults with Arthritis and Overweight or Obesity — United States, 2002-2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Being overweight contributes to many health problems. For people with arthritis, excess weight can make it harder to manage this chronic condition. Over 50 million people in the U.S. have arthritis, a painful inflammation of the joints. Two thirds of people with arthritis are overweight or obese and less than one third get the recommended amount of exercise. Weight loss among adults with arthritis can decrease pain, improve function and mobility, and reduce disability. Combining a healthy diet that's low in fats and high in fruits and vegetables with regular exercise is the best way to both lose weight *and* maintain a healthy weight.

Thank you for joining us on *A Minute of Health with CDC*.

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.