



A CUP 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.

[Dr. Kathleen Dooling] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Kathleen Dooling.

Being overweight contributes to many health problems. For people with arthritis, excess weight can make it harder to manage this chronic condition.

Dr. Jennifer Hootman is with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss the importance of maintaining a healthy weight to help manage arthritis. Welcome to the show, Jennifer.

[Dr. Hootman] Thank you.

[Dr. Dooling] Jennifer, are arthritis and overweight and obesity conditions commonly seen together?

[Dr. Hootman] Yes. For one, obesity is a main risk factor for osteoarthritis, the most common type of arthritis. But also, because people have arthritis, they're less active and gain weight, even after getting a diagnosis of arthritis.

[Dr. Dooling] How does being overweight make arthritis worse?

[Dr. Hootman] There are two main ways that being overweight or obese can make your arthritis worse. First, being obese is a main risk factor for osteoarthritis, the most common type of arthritis. That puts extra pressure on the joints. Second, obesity causes inflammation throughout the body and that can make your arthritis worse.

[Dr. Dooling] Is there a cure for arthritis?

[Dr. Hootman] Unfortunately, there is no cure for arthritis, but there are ways that people can manage their arthritis successfully.

[Dr. Dooling] Well, what are some strategies for people with arthritis who are overweight?

[Dr. Hootman] There are two main strategies. First, they should try and lose weight. We know that even small amounts of weight loss take pressure off the joints. To go along with diet strategies to lose weight, physical activity is very important. It helps strengthen the muscles, takes pressure off the joints, and it also helps in weight loss.

[Dr. Dooling] Where can listeners get more information about arthritis?

[Dr. Hootman] They can go to cdc.gov/arthritis.

[Dr. Dooling] Thanks, Jennifer. I've been talking today with Dr. Jennifer Hootman about the importance of maintaining a healthy weight to control arthritis.

Weight loss among adults with arthritis can decrease pain, improve function and mobility, and improve overall quality of life. 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.

Until next time, be well. This is Dr. Kathleen Dooling for *A Cup of Health with CDC*.

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