

ANNALS OF FAMILY MEDICINE

Online Supplementary Material

Do BT, Hootman JM, Helmick CG, Brady TJ. Monitoring Healthy People 2010 arthritis management objectives: self-management education and clinician counseling for weight loss and exercise. *Ann Fam Med*. 2011;9(2):136-141.

<http://www.annfammed.org/cgi/content/full/9/2/136/DC1>

Supplemental Table 1a. Estimated Age-Standardized,^a Weighted Proportion of Adults Aged 18 Years and Older With Doctor-Diagnosed Arthritis Meeting HP2010 Arthritis Management Objectives, by Years of Data—Behavioral Risk Factor Surveillance Survey (BRFSS),^b 17 States, 2003 and 2007

States (Both Years)	Weight Counseling ^c Healthy People Objective 2-4a		Physical Activity Counseling Healthy People Objective 2-4b		Arthritis Education Healthy People Objective 2-8	
	2003	2007	2003	2007	2003	2007
	% (95% CI) ^d	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Arizona	32.7 (24.9-41.7)	48.9 (39.9-57.9)	52.9 (46.1-59.5)	50.2 (43.1-57.3)	15.5 (11.3-20.8)	12.8 (8.9-18.1)
California	35.6 (30.1-41.4)	46.3 (40.1-52.6)	54.4 (49.7-59.0)	55.9 (50.7-61.0)	13.2 (10.5-16.3)	15.7 (12.3-19.7)
Connecticut	26.2 (22.0-30.9)	38.7 (33.5-44.2)	44.4 (40.4-48.5)	57.9 (53.3-62.4)	9.5 (7.4-12.1)	8.5 (6.5-10.9)
Florida	35.4 (29.0-42.5)	42.5 (38.5-46.6)	56.5 (50.7-62.2)	53.7 (50.3-57.1)	15.7 (12.1-20.1)	15.4 (12.6-18.7)
Georgia	32.9 (28.2-37.8)	42.3 (37.9-46.9)	49.0 (45.1-53.0)	53.9 (50.1-57.6)	9.6 (7.2-12.6)	10.9 (8.8-13.6)
Indiana	30.9 (27.3-34.7)	41.7 (36.7-47.0)	48.2 (44.9-51.5)	53.8 (49.3-58.3)	9.8 (7.9-12.1)	10.9 (8.0-14.8)
Iowa	27.1 (23.0-31.6)	38.3 (33.2-43.6)	50.4 (46.1-54.6)	55.7 (50.8-60.4)	11.5 (8.9-14.6)	10.5 (8.2-13.4)
Kansas	35.3 (30.3-40.7)	41.2 (35.7-47.0)	49.3 (45.1-53.6)	48.5 (43.9-53.2)	8.9 (7.0-11.4)	12.8 (9.6-16.8)
Maryland	32.4 (27.9-37.3)	43.3 (36.6-50.2)	46.4 (42.0-50.8)	56.3 (50.4-62.1)	10.3 (7.9-13.3)	9.9 (7.1-13.7)
Minnesota	25.9 (21.7-30.5)	37.1 (31.4-43.2)	48.7 (44.0-53.4)	52.1 (46.7-57.4)	12.5 (10.2-15.4)	16.8 (12.7-21.9)
Nebraska	29.5 (25.3-34.1)	42.9 (34.5-51.8)	44.4 (40.5-48.5)	50.9 (43.0-58.8)	11.5 (9.0-14.6)	10.6 (7.7-14.4)
New York	33.1 (28.7-37.9)	48.8 (43.0-54.6)	48.7 (44.7-52.6)	56.3 (51.6-60.9)	9.7 (7.6-12.4)	9.9 (7.7-12.8)
Ohio	32.2 (26.6-38.3)	45.5 (40.5-50.6)	49.4 (44.6-54.1)	56.2 (52.1-60.3)	8.8 (6.6-11.7)	13.5 (10.8-16.8)
Pennsylvania	31.6 (27.1-36.5)	49.5 (44.9-54.1)	54.7 (50.6-58.8)	56.6 (52.4-60.7)	13.5 (10.9-16.7)	10.5 (8.6-12.7)
Rhode Island	29.4 (24.5-34.7)	41.6 (35.6-47.9)	54.4 (49.5-59.3)	60.0 (54.8-64.9)	5.8 (4.4-7.7)	12.6 (9.4-16.6)
South Carolina	30.5 (26.7-34.5)	41.0 (36.7-45.5)	47.6 (44.1-51.0)	49.6 (46.1-53.2)	10.5 (8.3-13.1)	10.0 (8.2-12.2)
Virginia	29.3 (25.2-33.6)	42.9 (37.0-49.0)	49.2 (44.9-53.5)	62.6 (57.1-67.9)	12.8 (9.6-17.0)	9.8 (7.7-12.5)
Median	31.6	42.5	49.2	55.7	10.5	10.9
Range	25.9 - 35.6	37.1 - 49.5	44.4 - 56.5	48.5 - 62.6	5.8 - 15.7	8.5 - 16.8

^a Age-standardized to the (standard) projected 2000 US population.¹

^b Although survey questions in the 2007 BRFSS survey were identical to those asked in the 2006 National Health Interview Survey, the latter survey is the official data source for monitoring progress towards the national arthritis management objectives. BRFSS data can be used to monitor progress toward meeting state-specific health objectives for 2010, but these data are not recommended for deriving national estimates.

^c Includes only persons with a body mass index of ≥ 25.0 (calculated as weight in kilograms divided by height in meters squared).

^d Confidence interval.

Reference

1. Klein RJ, Schoenborn CZ. Age Adjustment using the 2000 Projected US Population. Statistical Notes No. 20. Hyattsville, MD: National Center for Health Statistics; 2001. <http://www.cdc.gov/nchs/data/statnt/statnt20.pdf>. Accessed March 8, 2010.

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Supplemental Table 1b. Estimated Age-Standardized,^a Weighted Proportion of Adults Aged 18 Years and Older With Doctor-Diagnosed Arthritis Meeting HP2010 Arthritis Management Objectives, by Years of Data—Behavioral Risk Factor Surveillance Survey (BRFSS),^b 16 States, 2003 or 2007

States (1 Year)	Weight Counseling ^c Healthy People Objective 2-4a		Physical Activity Counseling Healthy People Objective 2-4b		Arthritis Education Healthy People Objective 2-8	
	2003	2007	2003	2007	2003	2007
	% (95% CI) ^d	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Alabama	—	39.2 (35.0-43.6)	—	48.5 (44.6-52.4)	—	11.3 (8.5-15.0)
Alaska	—	40.4 (32.7-48.5)	—	57.2 (50.8-63.9)	—	14.6 (9.7-21.5)
Arkansas	33.1 (28.6-37.9)	—	42.6 (38.7-46.6)	—	6.7 (5.1-8.8)	—
Idaho	26.8 (22.7-31.3)	—	48.4 (44.2-52.7)	—	13.3 (10.7-16.5)	—
Illinois	—	52.1 (46.2-57.9)	—	58.7 (54.0-63.3)	—	14.6 (11.1-18.9)
Kentucky	—	42.2 (36.9-47.7)	—	52.9 (48.4-57.3)	—	9.1 (6.4-12.8)
Michigan	—	43.8 (37.2-50.6)	—	54.6 (48.8-60.2)	—	14.4 (10.4-19.6)
Missouri	29.0 (24.4-34.0)	—	49.7 (44.8-54.6)	—	13.7 (10.2-18.3)	—
Nevada	23.4 (18.3-29.4)	—	45.0 (39.1-51.0)	—	10.1 (6.9-14.5)	—
New Mexico	—	44.2 (38.6-50.0)	—	55.1 (50.2-59.9)	—	14.2 (11.0-18.0)
Oklahoma	30.1 (26.7-33.6)	—	50.6 (47.4-53.8)	—	10.3 (8.4-12.6)	—
Oregon	—	32.5 (25.8-40.0)	—	53.2 (47.2-59.2)	—	13.2 (9.9-17.4)
Utah	24.4 (19.9-29.5)	—	52.6 (47.5-57.6)	—	15.6 (11.8-20.4)	—
Vermont	31.0 (25.9-36.5)	—	57.9 (53.5-62.1)	—	12.4 (9.6-17.0)	—
West Virginia	—	37.4 (32.8-42.2)	—	43.6 (39.4-47.8)	—	9.5 (7.3-12.3)
Wisconsin	—	36.0 (29.8-42.7)	—	52.7 (46.8-58.5)	—	10.4 (7.6-14.1)

Note: States only answered arthritis management questions for only 1 year—either 2003 or 2007.

^a Age-standardized to the (standard) projected 2000 US population.¹

^b Although survey questions in the 2007 BRFSS survey were identical to those asked in the 2006 National Health Interview Survey, the latter survey is the official data source for monitoring progress towards the national arthritis management objectives. BRFSS data can be used to monitor progress toward meeting state-specific health objectives for 2010, but these data are not recommended for deriving national estimates.

^c Includes only persons with a body mass index of ≥ 25.0 (calculated as weight in kilograms divided by height in meters squared).

^d Confidence interval.

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1. Klein RJ, Schoenborn CZ. Age Adjustment using the 2000 Projected US Population. Statistical Notes No. 20. Hyattsville, MD: National Center for Health Statistics; 2001. <http://www.cdc.gov/nchs/data/statnt/statnt20.pdf>. Accessed March 8, 2010.

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Supplemental Appendix 1. List of Local Resources Health Care Professionals Can Reference When Counseling Patients With Arthritis

Local Resources

Arthritis Foundation (www.arthritis.org) – offers exercise and self-management education programs lead by certified instructors.

YMCA (<http://www.ymca.net/>) – offers exercise/aquatics and healthy living classes.

American College of Sports Medicine Profinder (http://forms.acsm.org/_frm/crt/online_locator.asp) – search engine to find local ACSM certified health and fitness professionals.

American Council on Exercise (<http://www.acefitness.org/findanacepro/default.aspx>) – search engine to find ACE-certified health and fitness instructors.