

## ***The Impact of Arthritis in Ontario***

### ***The Human Impact***

#### **Osteoarthritis (OA) in Ontario\***

In 2010, 1.7 million people – or 1 in 8 Ontarians – were living with Osteoarthritis (OA). Within a generation (30 years) it is anticipated that 1 in 4 or 4.28 million Ontarians will be living with OA and one person in Ontario will be diagnosed every 3 minutes.

#### **Rheumatoid Arthritis (RA) in Ontario**

Unlike OA, Rheumatoid Arthritis (RA) can occur at any age. In 2010, 104,000 people in Ontario were living with RA. The prevalence of RA is expected to rise by 82 per cent by 2030. In 2040, 225,000 – or 1 in 77 people in Ontario – will be living with RA; one person in Ontario will be diagnosed with RA every 53 minutes.

### ***Lifestyle Impact***

According to a document prepared by the Arthritis Community Research and Evaluation Unit, arthritis is a disease that can be affected by and affect the personal choices people make – including the level of physical activity they participate in, how often they smoke, and whether they are obese and overweight. Current statistics show that 21% of Ontarians living with arthritis smoke compared to 20% among those living with other chronic conditions and without chronic conditions. Sixty-five per cent of people with arthritis are overweight; fifty-eight per cent of people with arthritis are physically inactive. The Public Health Agency of Canada also acknowledges that joint injury, smoking, physical inactivity, and excess weight and obesity as modified risk factors of arthritis in a report titled *Life with Arthritis in Canada: A personal and public health challenge*.

### ***Personal Health Impact of arthritis***

People who live with arthritis in Ontario have a higher chance of developing other chronic illnesses – this is especially true in older populations. These illnesses include mental illness, heart and lung failures, and an increased risk of developing a virus or infection. The *Life with Arthritis in Canada: A personal and public health challenge* report identifies the top six co-existing chronic conditions as back problems (42.5%), high blood pressure (34.7%), heart disease (14.7%), diabetes (14.4%), mood or anxiety disorder (13.3%) and asthma (10.5%).

The Economic Impact

**Impact on the Productivity of the Ontario Labour Force (OA)**

While OA is generally perceived as a condition that affects older adults, it is estimated that OA resulted in \$6.87 billion dollars in productivity losses in Ontario in 2010. This number is expected to rise by 63 per cent by 2020 and more than double by 2040 (134 per cent). Summed over the next 30 years, OA is expected to result in \$379 billion in productivity losses in Ontario alone (after adjusting for inflation and interest rates).

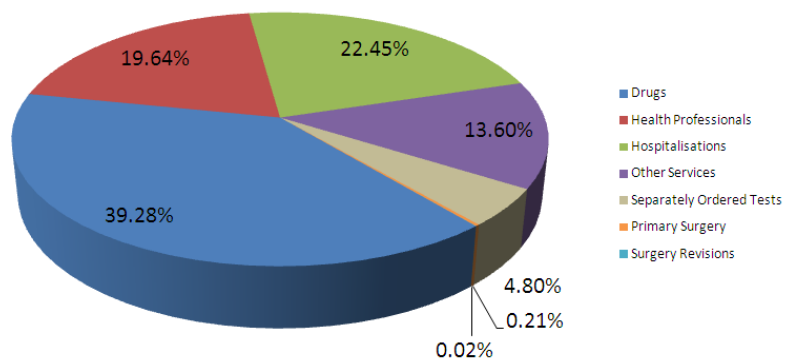
**Impact on the Productivity of the Ontario Labour Force (RA)**

On average, someone with RA will be work disabled within 10 years of getting the disease. In 2010, it is estimated that RA generated \$1.29 billion dollars in productivity losses in Ontario. This number is expected to rise by 117 per cent by the year 2040. The cumulative total productivity losses generated by RA are expected to reach \$67.8 billion dollars by 2040 (after adjusting for inflation and interest rates).

**Direct Health Care Costs (OA) on the Province of Ontario**

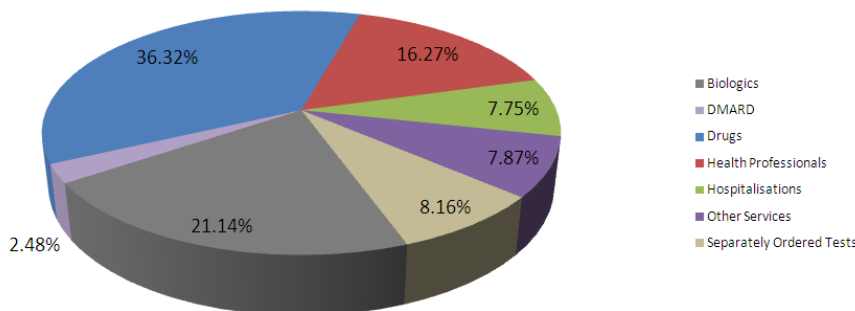
It is estimated that OA drove \$3.93 billion dollars in direct health care costs in Ontario in 2010. These costs are expected to rise by 70 per cent by 2020 and by 119 per cent in 2040 (in 2010 dollar terms). Over the next 30 years, the cumulative total direct health care costs associated with OA in Ontario are expected to exceed \$215 billion dollars.

Direct Health Costs of Osteoarthritis: 2010



**Direct Health Care Costs (RA) on the Province of Ontario**

Direct Health Costs of Rheumatoid Arthritis: 2010



It is estimated that RA drove \$916 million dollars in direct health care costs in Ontario in 2010. These costs are expected to rise by 45 per cent by 2040 (in 2010 dollar terms). Total cumulative direct health care costs associated with RA in Ontario are expected to exceed \$37.4 billion dollars over the next 30 years (2040).

### **Arthritis in Ontario and Across Canada**

In 2010, 13% of Ontarians were living with OA, and another 0.8% with RA. These numbers are reflective of the numbers reported for the Canadian population, with national percentages of 13% and 0.8% for OA and RA respectively. Within 30 years (by 2040), it is estimated that 25% of Ontarians and 26% of Canadians will be living OA, and another 1.3% of Ontarians and 1.4% of Canadians will be living with RA.

\* The statistics in this document are based on a 2011 report commissioned by the Alliance for the Canadian Arthritis Program and conducted by RiskAnalytica using a life and economic simulation framework (Life at Risk®) to generate a base model of the health and economics of OA and RA. Using historical Ontario data as inputs, the base model estimated the health and economic impacts of OA and RA over the next 30 years.