



Amber Wolfe

AgrAbility Project Coordinator, Arthritis Foundation-Indiana Chapter
615 N. Alabama Street, Suite 430 Indianapolis, IN 46204
317-879-0321, extension 212, 1-800-783-2342

awolfe@arthritis.org

www.arthritis-ag.org

[Facebook](#) and [Twitter](#)



Take Control. We Can Help.™

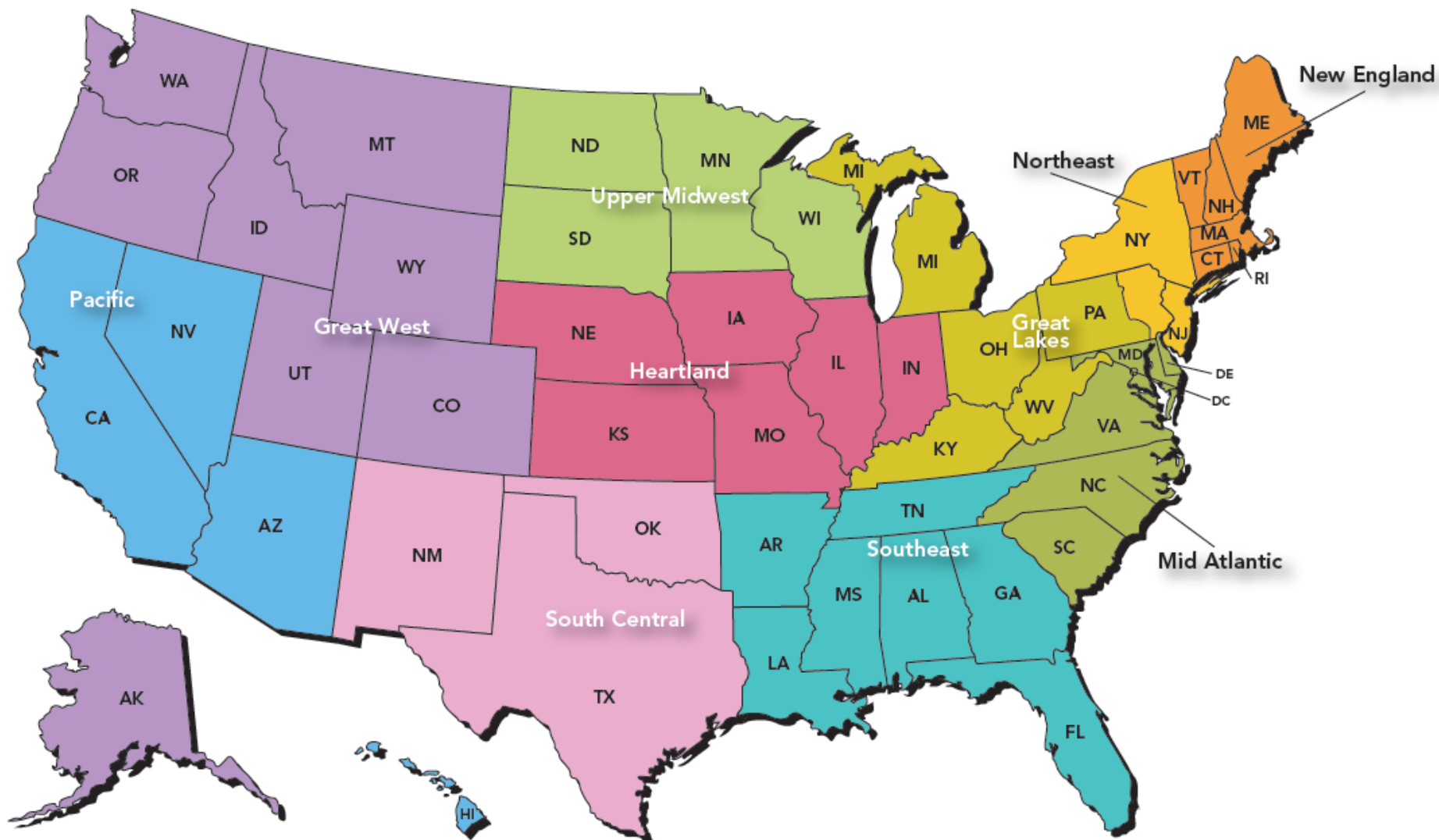
The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases.

The Indiana Chapter of the Arthritis Foundation:

US- 8 Regions

**NAP Partnership
Since 2008**

- *Trains instructors in “Life Improvement Series” programs*
 - Tai Chi, Aquatics, Exercise, and Self-Help programs
- *Holds public education forums to increase arthritis awareness*
- *Secures funding for research (\$0.78/dollar)*
- *Provides information at health fairs*
- *Conducts presentations and community outreach programs*





Doctor-Diagnosed Adults with Arthritis in Your State

- Over 50 million Adults in the United States live with Arthritis everyday.
- By the year 2030, an estimated 67 million or 25% of the projected total adult population will have arthritis.
- Arthritis is the most common cause of disability, limiting nearly 21 million Americans in their occupations.

Arthritis

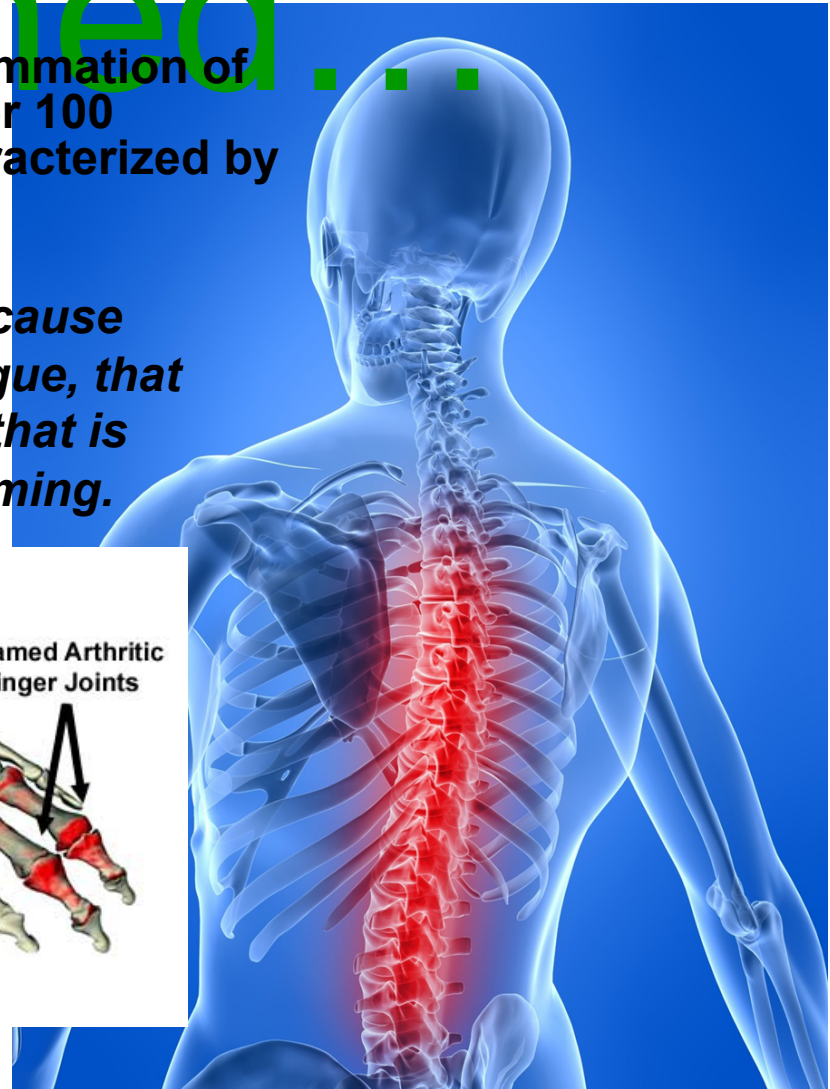
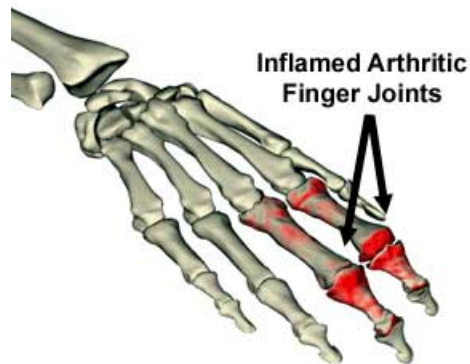
Defined

The term arthritis refers to an “inflammation of a joint”. It is used to refer to over 100 rheumatic diseases that are characterized by problems in and around joints.

The inflammatory types of arthritis cause systemic problems, such as fatigue, that interfere with the physical work that is necessary in the business of farming.

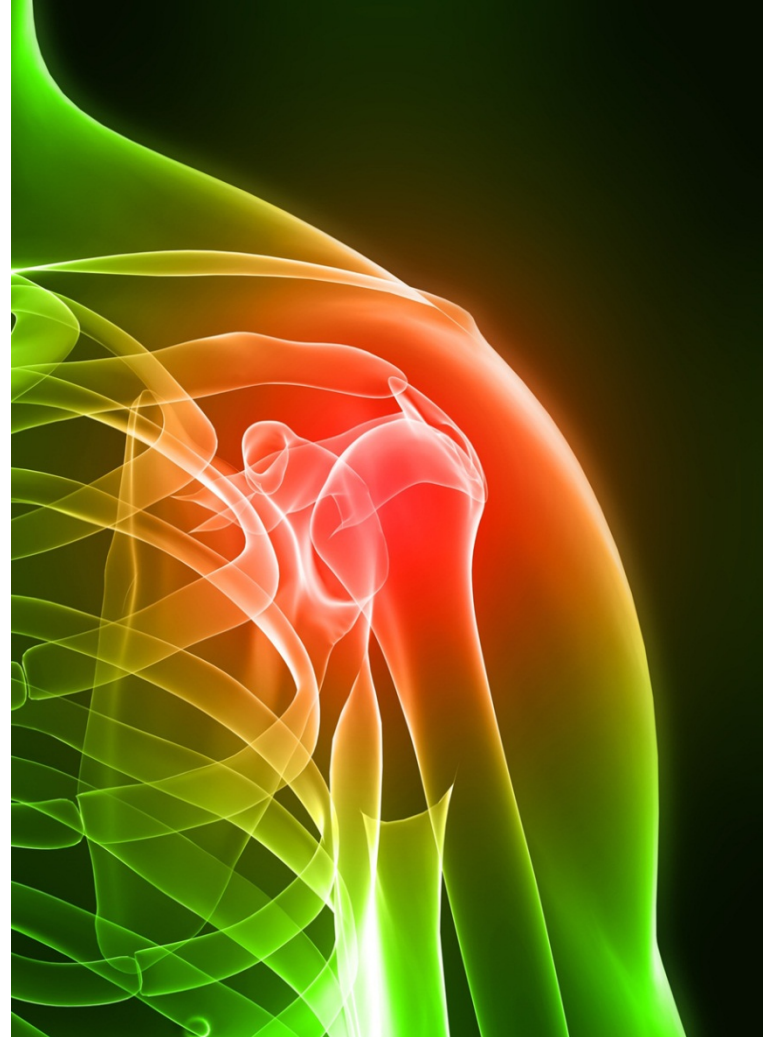
Rheumatic Diseases/ Autoimmune Diseases

The body attacks itself (joints) causing inflammation, pain and degeneration of the connective tissue. Most are chronic and have no cure.



Arthritis: A Nation In Pain

- **Over 50 Million** people in the US have doctor diagnosed Arthritis.
 - **Osteoarthritis**- 27 million
 - **Rheumatoid Arthritis**- 1.3 million
 - **Gout**- 3 million
 - **Fibromyalgia**- 5 million
- More than half of the individuals who have arthritis are *younger than 65 years old*.
- Affects women twice as often as men.
- Nearly **300,000** children are affected by arthritis.



When A Farmer Has Arthritis

- **Farmers and ranchers with arthritis are faced with many obstacles that limit their ability to continue farming. Like farming, arthritis is often a 24-hour, 7-day a week occupation.**
- **As hard as it is for a farmer to change routine, life-style changes can be beneficial. And not all change has to use technology. Technology is not the cure all!**
 - Pain, fatigue, and stiffness are effects of arthritis that can limit a farmer and rancher in a variety of ways.
 - Arthritis may prevent farmers and ranchers from completing a specific task, hinder the progress of daily activities, or even leave them feeling completely overwhelmed.
 - From simple physical tasks – getting on the tractor, loading feed – to social activities, arthritis can interfere with one's life.

About one-third of all farmers in this country have some form of arthritis that hinders them from doing daily chores because of either stiffness or pain in the joints.

Many agricultural workers do not know they may be at risk of developing osteoarthritis.

With the average age of the American farmer climbing above 57, increasingly more farmers will find tasks difficult to complete.

NAP Clients > 50% chronic pain/disease; 10% arthritis and 10% joint injury

Arthritis Foundation

Popular AgrAbility Presentation Topics

- Arthritis and Farming
- Gardening with Arthritis
- Assistive Technology
- Osteoarthritis in Rural Youth
- Recreation and Arthritis
 - *Fishing, Hunting*
 - *Outdoor Recreation*
 - *Horseback Riding*



Arthritis Foundation

AgrAbility Projects

- **Print Materials and Multimedia Materials (DVD, CD)**
- **Arthritis and Agriculture Website- www.arthritis-ag.org**
- **Arthritis Community of Interest**
- **Auctions, County/State Fairs, Rural Health Conferences**
- **Public Service Announcements**
- **Arthritis and Ag Workshops- Consumer Info and Professional Trainings for SRAP's**
- **Arthritis Conference- August 2015**
- **“Growing Pains” Newsletter**



Arthritis Foundation

AgrAbility Resources

- **Arthritis Pamphlets-** *Back Pain, Nutrition, Exercise, Managing Your Activities, Hot/Cold Therapies, Children and Arthritis, More!*
- **Arthritis and Agriculture Booklet**
- **Plain Facts Booklet- Old Order Communities**
- **Gaining Ground on Arthritis DVD**
- **New Gardening Resource!!**
- **AT Brochure for Farmworkers**
- **Spanish Fotonovela**
 - *¿Será la artritis la causa de mi dolor? (Is arthritis causing my pain?)*
- **RACR- Educators' Resource Kit**
 - *FFA and Adult Lessons*



**Arthritis &
AgrAbility**