

# Falls also problem for middle-aged with arthritis

May 1 2014, by Mike Stobbe

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A new study shows falls are just as much of a problem for middle-aged adults with arthritis as they are for older people.

In a government phone survey, about a third of adults 65 and older with arthritis said they had taken a tumble in the previous year. But slightly more of those aged 45 to 64 reported falling.

The middle-aged group also reported more injuries from falls; 17 percent compared to 12 percent in the older group.

Arthritis joint pain and stiffness can make it harder to balance and sap lower-body strength, contributing to [falls](#). The number of Americans hobbled by arthritis has been growing; many are overweight baby boomers.

The report was issued Thursday by the Centers for Disease Control and Prevention.

**More information:** CDC report: [www.cdc.gov/mmwr](http://www.cdc.gov/mmwr)

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