

# Provider counseling of exercise for arthritis patients improved

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(HealthDay)—For adults with arthritis, there was an increase in the age-

adjusted prevalence of reporting health care provider counseling for exercise from 2002 to 2014, according to research published in the Jan. 5 issue of the U.S. Centers for Disease Control and Prevention's *Morbidity and Mortality Weekly Report*.

Jennifer M. Hootman, Ph.D., from the CDC in Atlanta, and colleagues examined the prevalence and percentage change in receipt of health care provider counseling for physical activity or [exercise](#) among adults with arthritis using data from the 2002 and 2014 National Health Interview Survey.

The researchers observed a 17.6 percent increase in the age-adjusted prevalence of reporting health care provider counseling for exercise among adults with arthritis, from 51.9 percent in 2002 to 61.0 percent in 2014 (P

"Prevalence of counseling for exercise has increased significantly since 2002; however, approximately 40 percent of adults with arthritis are still not receiving counseling for exercise," the authors write. "Improving [health care provider](#) training and expertise in exercise counseling and incorporating prompts into [electronic medical records](#) are potential strategies to facilitate counseling for exercise that can help adults manage their [arthritis](#) and comorbid conditions."

**More information:** [Abstract/Full Text](#)

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