

7.6 percent of global population had osteoarthritis in 2020

August 22 2023, by Elana Gotkine



The global burden of osteoarthritis has increased since 1990 and is

projected to continue increasing, according to a study published online Aug. 21 in *The Lancet Rheumatology*.

Jaimie D. Steinmetz, Ph.D., from the Institute for Health Metrics and Evaluation (IHME) in Seattle, and the Global Burden of Disease 2021 Osteoarthritis Collaborators conducted a [systematic analysis](#) for the Global Burden of Disease Study to estimate the prevalence of hand, hip, knee, and other sites of [osteoarthritis](#), with forecasts to 2050. Population-based surveys from 26 countries and U.S. claims data were analyzed.

The researchers found that 595 million people had osteoarthritis in 2020 globally, equivalent to 7.6 percent of the [global population](#), which marked an increase of 132.2 percent in total cases since 1990. Cases of osteoarthritis are projected to increase 74.9, 48.6, 78.6, and 95.1 percent for knee, hand, hip, and other types of osteoarthritis by 2050 compared with 2020. For total osteoarthritis, the global age-standardized rate of years lived with disability (YLDs) was 255.0 per 100,000 in 2020, which marked a 9.5 percent increase from 1990. Osteoarthritis was the seventh ranked cause of YLDs among adults aged 70 years and older. High body mass index contributed to about one in five (20.4 percent) osteoarthritis cases. Overall, the most common site affected was the knee.

"Health care systems and governments have an opportunity to engage and participate in identifying vulnerable populations, addressing drivers of obesity, and developing [management strategies](#) to prevent or slow down the progression of osteoarthritis," co-author Liane Ong, Ph.D., from IHME, said in a statement.

Several authors disclosed ties to the biopharmaceutical industry.

More information: Jaimie D Steinmetz et al, Global, regional, and national burden of osteoarthritis, 1990–2020 and projections to 2050: a systematic analysis for the Global Burden of Disease Study 2021, *The*

Lancet Rheumatology (2023). [DOI: 10.1016/S2665-9913\(23\)00163-7](https://doi.org/10.1016/S2665-9913(23)00163-7)

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