



## The Risk of Moderate-Intensity Work Minutes among People with Arthritis in the United States

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### ABSTRACT

Arthritis is one of the more than a hundred joint-related disorders that are rapidly becoming serious health issues that impact people of all ages, races, and cultures, especially in the United States (US). Arthritis is the most common reason for disability, which can lead to a decline in one's capacity for work and quality of life. Thus, this study aims to investigate the risk of moderate-intensity work minutes in US people with arthritis. A secondary data analysis was conducted in this cross-sectional study using data from the 2017–2018 National Health and Nutrition Examination Survey (NHANES). All participants (n=5552) who were at least 18 years old were enrolled and divided into two groups: those with arthritis (n=1695) and those without (n=3857). Every participant's self-reported amount of time spent at work on typical days doing moderate-intensity activities for at least ten minutes continuously was evaluated. Results from a fully adjusted logistic regression model indicated that the odds of moderate-intensity work minutes were 1.25 times (95% confidence interval [CI]=1.04–1.51,  $p=.0018$ ) higher in individuals with arthritis than in non-arthritic individuals. Those with arthritis 65 years of age or older (odds ratio [OR]=1.45, 95% CI=1.18–1.78,  $p=.0005$ ), men (OR=1.23, 95% CI=1.04–1.45,

$p=.013$ ), non-Hispanic blacks (OR=1.33, 95% CI=1.04–1.69,  $p=.021$ ), those who were college graduates (OR=2.54, 95% CI=1.92–3.36,  $p<.0001$ ), and morbid obesity (OR=1.33, 95% CI=1.01–1.79,  $p=.050$ ) were significantly associated with the risk of moderate-intensity work minutes. In the US, people with arthritis, especially older adults, men, non-Hispanic blacks, those who were higher education, and morbid obesity had the risk of moderate-intensity work minutes. Therapeutic patient education for arthritis should aim to promote the various health advantages of moderate-intensity exercise.

### BIOGRAPHY

Vishal Vennu has completed his Ph.D. clinical research at Lingaya's Vidyapeeth, India. He is a researcher in the Department of Rehabilitation Sciences at King Saud University, Riyadh, Saudi Arabia. He is currently involved in the clinical epidemiological research line "knee osteoarthritis, diabetes, and cardiovascular diseases" which focuses on the impact of the disease on patients' lives (i.e., physical activity, daily functioning, fatigue, and quality of life). He has over 50 publications that have been cited over 600 times, and his publication h-index is 17. He has been serving as a reviewer of several reputed journals.

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