



Arthritis & Agriculture

www.arthritis-ag.org • 1-800-783-2342



The Arthritis Foundation is involved as a four-year nonprofit, disability related partner supporting the mission of the **USDA National AgrAbility Project**.

The goal of this partnership is to build upon current objectives which include education and support of agricultural professionals and their families who have been affected by arthritis.

Arthritis affects approximately **one-third of all adult farm and ranch operators** and is considered one of the **leading causes of disability** by customers of the USDA AgrAbility Project.

Arthritis can cause significant impairments to one's mobility, dexterity, capacity to lift heavy loads and emotional well-being due to unmanaged pain and other factors. Arthritis is both preventable and manageable with knowledge.

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

Many workers don't know they are at risk for arthritis. Tasks such as lifting heavy objects, operating machinery, and working with livestock will become harder to complete as arthritis affects agricultural workers. However, removing these tasks from every-day life may not be an option for a farmer or rancher.

**CONTACT YOUR LOCAL AGRABILITY PROJECT OR
ARTHRITIS FOUNDATION OFFICE FOR PRESENTATIONS,
TRAININGS & MATERIALS**

Trauma to joints often occurs in agricultural settings, such as the impact on joints when jumping off of tractors or combines, being kicked by large livestock, locking knees when riding in vibrating machinery, or the stress from constant bending when milking cows.

With arthritis, many tasks around the farm that were once simple may no longer be carried out because of pain and stiffness in a farmer's joints.

There are many modifications that can be made to make jobs easier and less painful.



AgrAbility Project, NIFA
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