**Table 1:** Demographics.

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| --- | --- | --- | --- | --- |
| **Item** | **Overall**  **N = (%)** | **Rheumatoid Arthritis**  **N = (%)** | **Osteoarthritis**  **N = (%)** | **Fibromyalgia**  **N = (%)** |
| *Age (Years)* | 52.0 (SD = 15.4) | 53.2 (SD = 15.0) | 60.0  (SD = 11.5) | 48.0 (SD = 13.5) |
| 18-44 | 121 (32.4%) | 39 (26.9%) | 6 (8.0%) | 31 (38.3%) |
| 45-54 | 81 (21.7%) | 36 (24.8%) | 18 (24.0%) | 25 (30.9%) |
| 55-64 | 91 (24.3%) | 28 (26.2%) | 22 (29.3%) | 18 (22.2%) |
| ≥ 65 | 81 (21.7%) | 32 (22.1%) | 29 (38.7%) | 7 (8.6%) |
| Female | 300 (80.0%) | 113 (77.9%) | 64 (85.3%) | 73 (90.1%) |
| Caucasian | 323 (81.2%) | 121 (78.1%) | 66 (84.6%) | 72 (84.7%) |
| Hispanic | 34 (9.2%) | 14 (9.7%) | 6 (8.1%) | 8 (10.1%) |
| Current Smoker | 66 (17.2%) | 25 (17.0%) | 11 (14.3%) | 21 (26.3%) |
| *Level of Education* |  |  |  |  |
| < High School | 24 (6.5%) | 14 (9.8%) | 6 (8.0%) | 4 (4.9%) |
| High School | 115 (31.2%) | 42 (29.4%) | 22 (29.3%) | 23 (28.1%) |
| Some College | 116 (31.4%) | 47 (32.9%) | 30 (40.0%) | 40 (48.8%) |
| College or Higher | 115 (31.1%) | 40 (28.0%) | 17 (22.7%) | 15 (18.3%) |
| BMI (kg/m2) | 30.2 (SD = 7.9) | 29.9 (SD = 7.9) | 32.0  (SD = 9.1) | 31.2  (SD = 7.8) |
| ≤ 25 | 100 (28.6%) | 39 (29.1%) | 12 (17.9%) | 16 (21.9%) |
| 25-30 | 97 (27.7%) | 41 (30.6%) | 22 (32.8%) | 19 (26.0%) |
| > 30 | 153 (43.7%) | 54 (40.3%) | 33 (49.3%) | 38 (52.1%) |
| *Comorbidities* |  |  |  |  |
| Diabetes | 52 (14.2%) | 20 (14.5%) | 13 (17.8%) | 10 (13.0%) |
| High Cholesterol | 123 (33.5%) | 46 (32.9%) | 34 (47.2%) | 22 (28.2%) |
| Hypertension | 151 (40.3%) | 53 (37.1%) | 38 (52.1%) | 31 (38.8%) |
| Coronary Artery Disease | 34 (9.2%) | 14 (9.7%) | 8 (11.0%) | 5 (6.5%) |
| Fibromyalgia | 85 (21.4%) | 26 (16.8%) | 31 (41.0%) | 85 (100.0%) |
| *Days of Aerobic Exercise/Week* | 2.2 (SD = 2.3) | 2.0  (SD = 2.2) | 2.0  (SD = 2.1) | 2.3  (SD = 2.3) |
| 0 | 132 (36.8%) | 57 (40.7%) | 24 (35.3%) | 26 (34.7%) |
| 1-3 | 133 (37.1%) | 50 (35.7%) | 30 (44.1%) | 28 (37.3%) |
| 4-7 | 94 (26.2%) | 33 (23.6%) | 14 (20.6%) | 21 (28.0%) |
| *Days of Strength Exercise/Week* | 1.4 (2.0) | 1.5 (2.1) | 1.1 (1.7) | 1.0 (1.7) |
| 0 | 211 (58.8%) | 78 (56.9%) | 44 (61.1%) | 51 (64.6%) |
| 1-3 | 94 (26.2%) | 37 (27.0%) | 20 (27.8%) | 19 (24.1%) |
| 4-7 | 54 (15.0%) | 22 (16.1%) | 8 (11.1%) | 9 (11.4%) |
| *Physical Activity* |  |  |  |  |
| None | 99 (27.3%) | 44 (31.4%) | 18 (25.0%) | 23 (29.5%) |
| 1+ Days/Week | 264 (72.7%) | 96 (68.6%) | 54 (75.0%) | 55 (70.5%) |
| *General Health Rating* |  |  |  |  |
| Excellent | 11 (2.8%) | 2 (1.3%) | 1 (1.3%) | 0 (0.0%) |
| Very Good | 75 (19.2%) | 23 (15.1%) | 8 (10.3%) | 6 (7.2%) |
| Good | 128 (32.8%) | 51 (33.6%) | 32 (41.0%) | 23 (27.7%) |
| Fair | 135 (34.6%) | 57 (37.5%) | 26 (33.3%) | 36 (43.4%) |
| Poor | 41 (10.5%) | 19 (12.5%) | 11 (14.1%) | 18 (21.7%) |
| *Days of Poor Physical Health/Month* | 13.6 (SD = 10.6) | 14.2 (SD = 10.4) | 13.7  (SD = 10.7) | 18.0  (SD = 9.6) |
| 0 | 49 (13.9%) | 17 (12.6%) | 8 (12.5%) | 4 (5.3%) |
| 1-9 | 84 (23.9%) | 28 (20.7%) | 17 (26.6%) | 11 (14.7%) |
| ≥ 10 | 219 (62.2%) | 90 (66.7%) | 39 (60.9%) | 60 (80.0%) |
| *Days of Poor Mental Health/Month* | 9.8 (SD = 10.7) | 9.2 (SD = 10.6) | 9.7  (SD = 10.6) | 13.6 (SD = 11.3) |
| 0 | 117 (33.0%) | 54 (39.7%) | 24 (35.8%) | 12 (15.6%) |
| 1-9 | 80 (22.5%) | 24 (17.7%) | 13 (19.4%) | 20 (26.0%) |
| ≥ 10 | 158 (44.5%) | 58 (42.7%) | 30 (44.8%) | 45 (58.4%) |