




## WHAT IS CHRONIC PAIN?

Chronic pain can be defined as pain that persists most days or every day for six months or more. For some individuals, pain can last a lifetime.

Chronic pain can take many forms:

-  MILD TO SEVERE
-  INTERMITTENT TO CONTINUOUS
-  ANNOYING TO DISABLING

### Prevalence



**50 MILLION**

American adults, or 20 percent of the population, live with chronic pain.

**20 MILLION** American adults live with high-impact chronic pain, or pain that substantially restricts work, social, and self-care activities.

Pain is the **NUMBER ONE** reason Americans access the health care system.



### Impact and cost



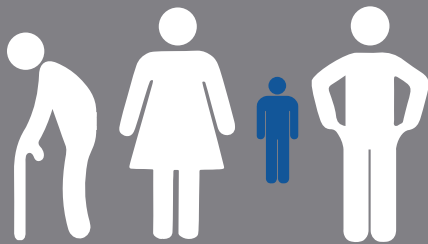
Chronic pain is **THE LEADING CAUSE** of long-term disability in the United States.



The nation spends up to **\$635 BILLION EACH YEAR** on chronic pain in terms of medical treatments, disability payments, and lost productivity.



Chronic pain has biopsychosocial implications. It is associated with **REDUCED QUALITY OF LIFE**, including increased risk of anxiety and depression.



## CHRONIC PAIN PATIENTS ARE OFTEN OVERLOOKED AND UNDERTREATED.



Veterinary students **SPEND 5X** as many education hours focused on pain management as medical students.



At least **10 PERCENT** of all suicide cases in America involve someone with chronic pain.



For every **10,000 PEOPLE** with severe pain, there is only **ONE BOARD-CERTIFIED** pain specialist.



Patients receive an average of **ONLY 30% PAIN REDUCTION** from their various treatments.



The National Institutes of Health dedicates approximately **2 PERCENT** of its funding to pain research.



Studies have shown that **MINORITY GROUPS** and other marginalized populations are at risk of receiving suboptimal pain management.

To start fighting for change, visit [www.uspainfoundation.org](http://www.uspainfoundation.org).

#### SOURCES

<https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm>  
<https://www.ncbi.nlm.nih.gov/pubmed/22553896>  
<https://www.ncbi.nlm.nih.gov/pubmed/26028573>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590163/>

<https://report.nih.gov/nihfactsheets/ViewFactSheet.aspx?csid=57>  
<https://www.ncbi.nlm.nih.gov/pubmed/24916035>  
<https://www.ncbi.nlm.nih.gov/pubmed/22607834>  
<https://www.ncbi.nlm.nih.gov/pubmed/21704872>  
<https://www.ncbi.nlm.nih.gov/pubmed/21945594>

<http://www.abpm.org/faq>  
<https://www.ncbi.nlm.nih.gov/pubmed/24061868>  
<https://www.hhs.gov/about/budget/budget-in-brief/nih/index.html>  
<https://annals.org/aim/fullarticle/2702061/chronic-pain-among-suicide-decedents-2003-2014-findings-from-national>