



# U.S. PAIN FOUNDATION

## A FEW HIGHLIGHTS FROM 2022

### OUTREACH



Social media followers: 230,000

Mailing list: 30,300+

Action alert advocates: 4,600+

### THE HIGHLIGHTS



#### A CHRONIC PAIN CRISIS: 2022 SURVEY REPORT

We conducted a nationwide survey with 2,275 people living with chronic pain responding. The results underscore the devastating impact of chronic pain on function, quality of life, and mental health.

#### FAMILY SUMMER CAMP

We hosted our first-ever Pediatric Pain Warrior Family Summer Camp for 50 families at a fully medical-accessible camp where kids participated in fun camp activities, educational sessions, and optional daily support groups.



#### INVISIBLE PROJECT

The INVisible Project shares the personal stories and photographs of people living with chronic pain in a print and online magazine. The goal: to show the reality of life with pain. This year we published three separate magazines: 2nd Health Care Disparities, Neuropathic Pain, and Acute-to-Chronic Pain editions.

#### ADVOCACY

One successful effort was the Centers for Medicare and Medicaid Services (CMS) issuing its final Physician Fee Schedule rule that includes the first-ever separate codes for Chronic Pain Management. CMS quoted our comment extensively in the Physician Fee Schedule final rule.



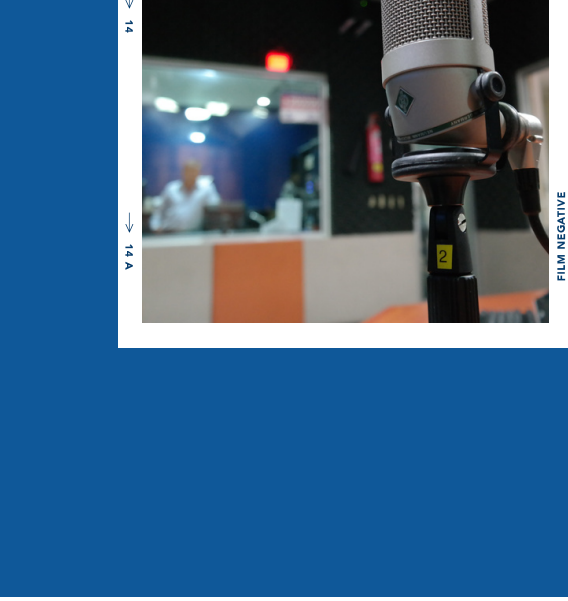
##### VIRTUAL ADVOCACY DAY - MAY 19, 2022

- Ask of Congress: Direct CMS to cover more options for pain
- 2,000+ messages sent to Congress members

##### VIRTUAL ADVOCACY TRAINING SERIES

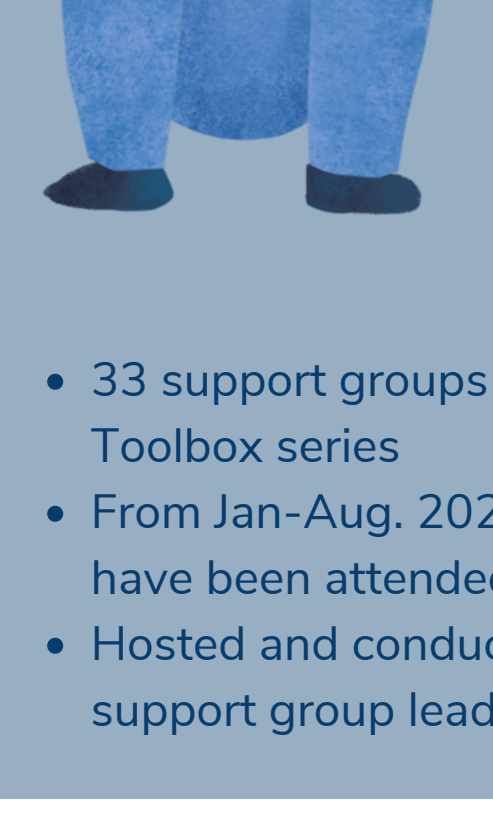
- Trained 25 new advocates
- Training culminated in individual state and federal advocacy projects

#### U.S. PAIN INVOLVEMENT IN NATIONAL INITIATIVES

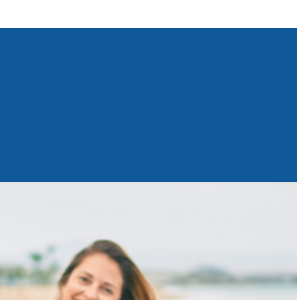


- Successful in getting Appropriations Report Language directing CDC to conduct and report on population health data on chronic pain in House Budget Report for FY 2023
- Successful in getting Appropriations Report Language about the dissemination of the HHS Task Force Report in the Senate Budget Report for FY 2023
- Submitted comment about FDA's Acute Pain Guidance urging FDA to play a more proactive role engaging with developers
- CDC Updated Guideline for Prescribing Opioids for Chronic Pain
  - Submitted comment pointing out continued problems for people living with pain
  - NPR's *All Things Considered* interviewed Cindy Steinberg, U.S. Pain National Director of Policy & Advocacy, twice to discuss the patient perspective on updated CDC guideline

#### MENTAL HEALTH AND SUPPORT



Finding community support is essential to living with chronic pain. We are committed to removing the stigma of mental health and chronic pain as well as provide a safe, compassionate space for individuals to connect, learn coping techniques, and more. We have seen a significant uptick in attendance of our free support groups. Current groups include state-based, national, and specialized population meetings.



- 33 support groups and monthly Building Your Toolbox series
- From Jan-Aug. 2022, our support group meetings have been attended by more than 2,600 people
- Hosted and conducted two virtual chronic pain support group leader trainings

#### SPANISH-LANGUAGE MATERIALS

To ensure as many people as possible, including those who speak English as a second language, have access to information and support, U.S. Pain translated two of our most important educational resources into Spanish:

“Vivir Bien Con Dolor Crónico” y “Disparidades 2da Edición.



#### #LIFEWITHPAIN

This year, during Pain Awareness Month (PAM), we looked at the real-life impact and devastating burden of chronic pain on individuals by posting weekly articles, hosting a two-part webinar series with CMS looking at the fraught patient/provider relationship, and more.



- Social Media metrics: 10.3M reach and 43K interactions
- 42% of website visits in Sept. were for PAM content
- 1.6k+ views of webinars
- Most-viewed article: *Landscape of Therapeutics*



#### #KNOWVEMBER

This year's month of knowledge campaign focused on acute pain, chronic pain, and their intersection as we got to #knowpain.



- 40% of website traffic was for KNOWvember content
- Most-viewed article: *Acute Pain - Managing pain immediately*
  - 4th-most-viewed page on site thus far this year

#### MEDICAL CANNABIS EFFORTS

U.S. Pain believes individuals living with chronic pain in any state should have access to medical cannabis and safe, high-quality CBD products. The organization provides education and information to individuals while also advocating for states to have medical cannabis programs, more research on cannabis, and regulations surrounding CBD products so that individuals are getting access to quality products that will help them manage their pain.



- Starting a monthly Facebook Live to better understand medical cannabis
- Submitting a letter to the Speaker of the House and Minority Leader urging the advancement of clinical research on CBD and marijuana
- Advocating for the Medical Marijuana and Cannabidiol Research Expansion Act, which passed the Senate and was signed into law by President Biden