

## **Support the *Advancing Research for Chronic Pain Act of 2023* *US Pain Foundation***

### **Require CDC to collect, analyze and publish population health data on chronic pain**

Despite the tremendous disease burden of chronic pain and high-impact chronic pain in the U.S. population in terms of patient suffering, loss of productivity, and the costs of healthcare and disability due to chronic pain, the CDC does not regularly collect, analyze and publish comprehensive population research data on pain like they do for other major diseases. High-quality data is necessary to identify trends, risks and consequences of pain and to inform interventions aimed at improving care and patient outcomes and reducing costs to the US healthcare system.

### **Chronic pain is an enormous public health problem**

The number of Americans impacted by chronic pain is staggering:

- Reporting in the April 14, 2023 *Morbidity and Mortality Weekly Report*, CDC authors said in 2021, 20.9% of US adults or 51.6 million Americans experienced chronic pain (CP)<sup>1</sup>
- Of that number, 17.1 million experienced high-impact CP that interferes with the ability to function on a daily basis
- Musculoskeletal pain is the leading cause of disability in the U.S.<sup>2</sup>
- Chronic pain has been linked to depression, anxiety, substance use and misuse and double the risk of suicide
- According to a May 16, 2023 report in *JAMA Neurology* by an NIH researcher new cases of CP now outpace those of diabetes, depression and high blood pressure in the U.S.<sup>3</sup>
- Two-thirds of military veterans report living with CP<sup>4</sup>
- 78% of Medicare beneficiaries and 89% of Medicare beneficiaries under age 65 suffer from CP<sup>5</sup>

### **The cost of chronic pain to the US economy can be measured in the hundreds of billions of dollars.**

- The most recent estimate of the cost chronic pain to the US economy was \$560--635 billion annually in 2010<sup>6</sup>
- In 2016, Americans spent an estimated \$380 billion on back, neck and other musculoskeletal pain alone not counting cancer pain, neuropathy, headache and migraine, pain from serious injuries such as battlefield, industrial and motor vehicle accidents and many others types of CP.<sup>7</sup>
- We desperately need more recent data on the enormous direct and indirect costs of CP

### **There is a tremendous need for regular, high-quality data to better understand the problem of pain and inform interventions to improve care and reduce associated costs.**

We lack data on:

- The incidence and prevalence of known pain conditions
- Demographics such as age, race, gender, socioeconomic status, geographic location
- Effectiveness of evidence-based approaches
- Utilization of medical and social services
- Indirect and direct costs
- Risk factors, co-morbidities, health consequences

<sup>1</sup> <https://www.cdc.gov/mmwr/volumes/72/wr/pdfs/mm7215-H.pdf>

<sup>2</sup> <https://www.apha.org/policies-and-advocacy/public-health-policy-statements/policy-database/2014/07/08/14/21/musculoskeletal-disorders-as-a-public-health-concern#:~:text=In%20the%20United%20States%20alone,Americans%20older%20than%2018%20years.>

<sup>3</sup> <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2804995#:~:text=Findings%20in%20this%20cohort%20study,cases%20per%201000%20PY%2C%20respectivel>

<sup>4</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5337168/>

<sup>5</sup> <https://www.cms.gov/files/document/mcbs-2018-survey-file-chronic-pain-infographic.pdf>

<sup>6</sup> <https://pubmed.ncbi.nlm.nih.gov/22553896/>

<sup>7</sup> <https://www.healthdata.org/news-release/low-back-and-neck-pain-tops-us-health->

[spending#:~:text=Americans%20in%202016%20spent%20an,and%20public%20and%20private%20insurance.](https://www.healthdata.org/news-release/low-back-and-neck-pain-tops-us-health-spending#:~:text=Americans%20in%202016%20spent%20an,and%20public%20and%20private%20insurance.)