



SOLVING PAIN TOGETHER

2024 ANNUAL REPORT



A LETTER FROM OUR CEO



As we reflect on the state of health care in America, one reality demands our urgent attention: chronic pain continues to affect millions of lives with devastating consequences. According to the latest data from the CDC, nearly 1 in 4 adults in the United States—**24.3%** of the population—live with chronic pain. A staggering **8.5%** of adult Americans experience high-impact chronic pain, significantly impairing their ability to work, care for loved ones, and engage in daily activities.

Despite its vast prevalence, chronic pain remains one of the most overlooked and underfunded public health crises of our time. For those who endure it, chronic pain is not just a symptom but a complex and debilitating disease in itself that demands more research, better treatments, and systemic understanding.

The U.S. Pain Foundation remains steadfast in our mission to ensure that no one facing chronic pain feels invisible or unsupported. We continue to advocate for the countless Americans living with pain, working tirelessly to raise awareness, provide resources and support, and drive meaningful change in pain management.

This annual report highlights the progress we've made in **2024**—progress made possible because of your belief in our mission.

Your steadfast support empowers us to dismantle barriers, cultivate empathy, and champion innovative solutions that enhance quality of life for those living with pain. Together, we are rewriting the narrative of chronic pain and creating a future where all individuals feel seen, heard, and empowered. **Let's continue to solve pain together.**

With deepest gratitude,

Nicole Hemmenway
Nicole Hemmenway
CEO, U.S. Pain Foundation

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Our Corporate Council

BY THE NUMBERS



228,033

SOCIAL MEDIA FOLLOWERS



34,530

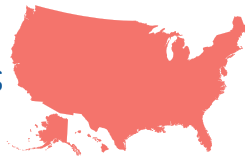
INDIVIDUALS ON MAILING LIST



6,039

ACTION ALERT ADVOCATES

VOLUNTEERS IN **50** STATES



MEMBER OF **18** COALITIONS OR ALLIANCES



42

EVENTS AND WEBINARS



PRODUCED **16** HEALTH HACK VIDEOS



FACILITATED **727** ONLINE PEER SUPPORT GROUP MEETINGS



CO-DEVELOPED A **FOUR PART** VIRTUAL PAIN SERIES WITH THE HUMANA NEIGHBORHOOD CENTERS



52 FAMILIES

ATTENDED 3RD-ANNUAL PEDIATRIC PAIN WARRIOR FAMILY SUMMER CAMP



TRAINED **25 ADVOCATES** THROUGH ONLINE ADVOCACY TRAINING SERIES



U.S. PAIN STAFF MEMBERS SPOKE AT **16** NATIONAL CONFERENCES, SYMPOSIUMS, AND EVENTS



DISTRIBUTED **46,507** EDUCATIONAL MATERIALS TO PATIENTS, CAREGIVERS, AND HEALTH CARE PROFESSIONALS



PUBLISHED THE **INVISIBLE PROJECT: DIABETES EDITION** MAGAZINE

ADVOCACY

Advocacy is key to advancing understanding, driving change, and ensuring equitable, effective treatment.

The U.S. Pain Foundation is committed to amplifying the voices of individuals living with pain in both state and federal policymaking. We equip pain advocates with the tools necessary to recognize engagement opportunities, and share their personal experiences to drive meaningful change.

We also champion policies that expand access to multidisciplinary care, improve insurance coverage for evidence-based treatments, address utilization management challenges, enhance provider education, sustain telehealth flexibility, and more.

Advocacy Wins for 2024

State Pain Policy

MASSACHUSETTS - The most significant advocacy victory of 2024 occurred when Massachusetts passed H.5143, a substance use disorder bill with critical pain management provisions. The bill removes prior authorization for non-surgical, non-medication pain treatments like acupuncture, chiropractic care, massage, and movement therapies. It also mandates that insurers distribute annual educational materials on their pain management plans, providers learn about multidisciplinary pain treatment, and pharmacists distribute information to patients about pain treatment alternatives when dispensing opioids.

MAINE - Maine enacted LD 2096, an act that expands insurance coverage to include non-opioid medications and non-pharmacological treatments for pain. This milestone legislation, which will take effect in 2026, mirrors Massachusetts' CARE Act, which U.S. Pain also successfully advocated for in 2018. It serves to establish multidisciplinary pain care as best practice and make this care available to more Maine residents.

Ongoing State Progress

NEW YORK - U.S. Pain's long-standing advocacy efforts in New York have led to the introduction of A.1921, a bill to provide insurance coverage for chronic pain care. We will be advocating for passage of this bill during the 2025 session.

NEW HAMPSHIRE - U.S. Pain Foundation collaborated with Dr. David Nagel and the New Hampshire Medical Society to draft a bill promoting access to multidisciplinary pain treatments. After refining the bill's language, Dr. Nagel, now a member of the New Hampshire House of Representatives, has reintroduced the bill for the 2025 session.



FEDERAL POLICY MILESTONES

Advancing Research for Chronic Pain Act

The Advancing Research for Chronic Pain Act (S.2922/H.R.7164) calls for the CDC to annually update vital population health, cost, and utilization of services data on chronic pain. U.S. Pain's tireless efforts resulted in the bill's introduction in both the U.S. Senate and House of Representatives, with several co-sponsors joining the cause, including by adding the bill to the Senate SUPPORT Act reauthorization. Although the SUPPORT reauthorization was excluded from the final 2024 continuing resolution package, U.S. Pain remains steadfast in its commitment to advancing this critical legislation and is actively preparing to seek reintroduction in 2025.

Telehealth Advocacy

Telehealth continued to be a key priority, particularly in ensuring that Medicare beneficiaries maintain access to telehealth services. The final continuing resolution passed by Congress extended these flexibilities only until March 31, 2025. U.S. Pain, working with other patient groups, remains committed to advocating for permanent telehealth policies that improve access to care for those living with chronic pain, especially those in rural or underserved areas.

Medical Cannabis

U.S. Pain played an instrumental role in advocating for the rights of medical cannabis patients by collaborating with other advocates at the Americans for Safe Access Validated Voices Summit. We proudly endorsed the Medical Cannabis & Cannabinoid Act (MCCA) and supported the Safe Access 4 All campaign, working toward equitable access for all patients in need.



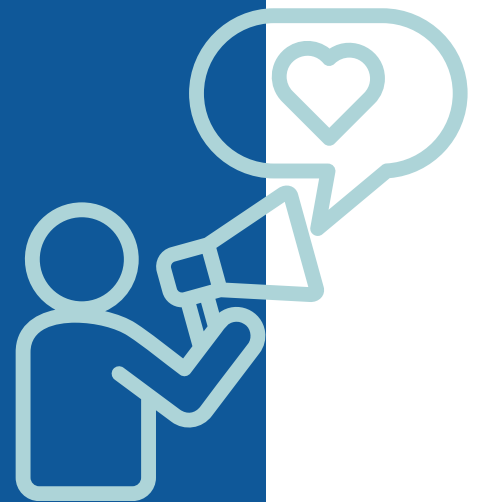
PAIN ADVOCATES IN ACTION

- Trained **25** volunteer advocates through a five-part Virtual Advocacy Training Series.
- Engaged over **6,000** individuals through action alerts on critical legislation.
- Worked with volunteer advocates in **five** states to promote and advance multidisciplinary pain care bills.



ADVOCACY HIGHLIGHTS

- Sent over **2,700** messages to Congress during our Virtual Advocacy Day, asking for support for and passage of the Advancing Research for Chronic Pain Act.
- Wrote a sign-on letter to U.S. Senate and House leadership in support of the Advancing Research for Chronic Pain Act, with **68** organizational signees.
- Led a **federal coalition** focused on advancing pain care initiatives on Capitol Hill and across federal health agencies. Engaged with HHS, NIH, CMS, and FDA on various issues throughout the year.
- Held a Pain Awareness Event with speakers at the Massachusetts State House, attended by approximately **45** legislative staffers and lawmakers.
- Traveled to the state capitol in Georgia to speak at a meeting of a **Special Legislative Committee** charged with recommending how to improve pain management in the state through legislation.



INvisible Project

Sharing stories. Conveying expert insights. Changing perceptions. Inspiring hope.

Spotlighting the lived experiences of individuals with chronic pain has the power to transform societal perspectives—one story at a time. The **INvisible Project** amplifies these voices through compelling narratives and personal photos, offering an intimate and deeply human view of life with pain.

Available in print and digitally, each edition highlights the personal journeys of people living with chronic pain, breaking down misconceptions and fostering empathy. The **INvisible Project** serves as a powerful advocacy tool, promoting compassionate, patient-centered care and addressing critical issues in pain management. Each issue also features expert insights on essential topics, including innovative treatments, cutting-edge clinical trials, and advances in pain management.

In 2024, the **INvisible Project** spotlighted diabetes-related pain. This edition delved into key areas such as the role of specialists, foot health, early warning signs and complications, the science of diabetic peripheral neuropathy, and treatment options.

- Distributed over **6,000** free copies of the **INvisible Project: Diabetes Edition**.
- Reached **1,823** subscribers, including individuals with pain and health care providers.
- Engaged at **key events** such as the 9th Annual Diabetes, Obesity, & Metabolic Disease Conference; ENDO24; and the Association of Diabetes Care and Education Specialists Conference.
- Readers in **23 states**, the **United Kingdom**, and **Switzerland** accessed online articles through magazine QR codes.



Mental Health and Support

Pain Connection: A safe, supportive space to feel understood, gain valuable tools, and learn strategies from those who truly understand.

In 2024, U.S. Pain Foundation continued to address the critical connection between chronic pain and mental health, ensuring individuals living with pain have access to safe, supportive spaces every day. This year, we trained new support group facilitators and welcomed a new director and assistant director of mental health and support to strengthen our programming.

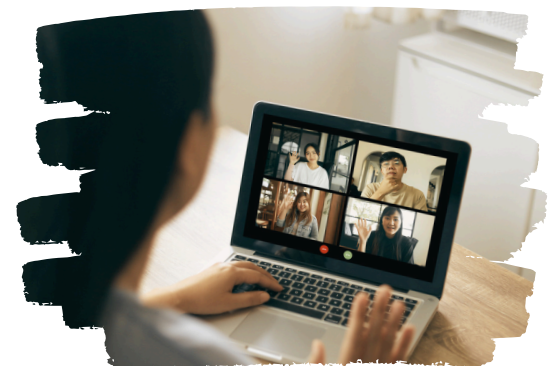
Our peer support network grew with the addition of four new groups, including a dedicated monthly group for parents of children with pain, a collaboration with the Danielle Foundation. To provide comfort during challenging times, we also hosted several holiday-focused peer groups. Our offerings include a wide array of state, national, and specialized groups tailored to diverse needs, such as those geared toward LGBTQ+ or BIPOC individuals, teens, and caregivers and care partners. Additionally, we offer creative outlets like reading, writing, and mindfulness sessions. A daily group ensures individuals have frequent opportunities to connect, seeking to address feelings of isolation.

By empowering individuals to share experiences, explore coping strategies, and access valuable resources, we foster community, resilience, and hope—encouraging participants to actively engage in their well-being.

- Welcomed **Rachel Zentner**, LPC, MSE, as our Director of Mental Health and Support.
- Welcomed **Sara Gehrig** as our Assistant Director of Mental Health and Support.
- Facilitated **727** online peer support group meetings.
- Achieved attendance total of **10,759** in our peer support groups.
- **4,597** individuals signed up for reminder emails for upcoming meetings.



Rachel Zentner



Pediatric Pain



Reaching New Heights: Building a community of support for pediatric pain families.

The Pediatric Pain Warrior program continues to be a beacon of hope and support for families navigating the complexities of pediatric pain. From medical consultations to daily life, it addresses the unique challenges faced by children living with pain and their families.

2024 marked a significant milestone with the 3rd Annual Pediatric Pain Warrior Family Summer Camp, bringing 52 families together for education, connection, and fun. The camp offered a blend of peer support groups and workshops, equipping children and parents with tools to advocate for their health and well-being. It cultivated lasting friendships and provided a safe space for families to share their journeys and offer mutual support.

We also organized three Family Pain Education Days, including two in partnership with Miles for Migraine. These events—which helped foster a sense of community and build local networks—were an opportunity for families to gain practical insights into managing pediatric pain.

In collaboration with Migraine at School, we distributed pediatric resources to 1,569 schools, reaching over 925,000 students. Together, we also produced a five-part webinar series, ***Navigating Pain at School***, providing critical information and strategies for families to better manage pediatric pain in the classroom.

- Hosted **52** families for third-annual five-day camp experience at Morgan's Camp.
- Organized **three** Family Pain Education Days at children's hospitals for kids with pain and their families.
- Welcomed **Texas Children's Hospital** providers as volunteers and presenters at our family summer camp.
- Received support from **three** nonprofits—Danielle Foundation, Lupus and Allied Diseases Association, and Super T's Mast Cell Foundation—for families attending camp.
- Collaborated with Migraine at School on **five-part** webinar series, ***Navigating Pain At School***.

Our involvement in pediatric pain alliances and committees helps ensure that pediatric pain is recognized and addressed appropriately within the health care system. A standout moment this year was the participation of pediatric pain warrior Cam Young, the youngest keynote speaker at an NIH HEAL Initiative event on advancing health equity in pain management. Alongside his father, Tom Young, Cam delivered a powerful message about the importance of prioritizing pediatric pain management. Their involvement was a testament to our ongoing commitment to raising awareness and improving care and advocacy on all fronts for children living with chronic pain.

Pain Awareness Month

Driving Awareness, Advancing Solutions:
30 days of collaborative action.

In September 2024, the U.S. Pain Foundation spearheaded the Pain Awareness Month campaign theme #SolvePainTogether, focusing on the complex and diverse nature of chronic pain and the urgent need for integrated, collaborative solutions.

With 1 in 4 Americans living with chronic pain, the initiative highlighted the importance of a unified approach—bringing together patients, caregivers, health care providers, researchers, lawmakers, and the public. We aimed to change the pain equation by advocating for better data analysis and increased research funding—while amplifying the voices of those directly affected by pain.



- Hosted a joint **webinar** with the NIH HEAL Initiative featuring Laura Simons, PhD, on the SPRINT study, Ashley McDonnell sharing her chronic pain journey, and Linda Porter, PhD, on the importance of reliable pain biomarkers.
- Published **weekly** articles delving into different aspects of collaboratively addressing pain.
- Posted **daily** statistics and insights, enhancing public understanding of chronic pain.
- Developed a **Chronic Pain Fact Sheet** to download or order.
- Collaborated with Humana Neighborhood Centers on a **four-week** virtual Pain Series, with over 1,000 people on the waitlist due to overwhelming demand.
- Hosted **weekly** Health Hack events developed for Humana to provide accessible education and support.
- Reached **17.7K** new users, with 23% of overall website traffic directed to Pain Awareness Month pages.

KNOWvember

November: A month of KNOWledge.

Each November, the U.S. Pain Foundation dedicates the month to raising awareness and deepening understanding of a key pain management topic with a KNOWvember campaign. Through a dynamic mix of articles, live events, social media posts, free resources, and more, we engage the community with the latest insights and practical support.

In 2024, we zeroed in on diabetic peripheral neuropathy (DPN), aiming to educate individuals on recognizing and managing this often-overlooked condition.

- Hosted a webinar on diabetic nerve pain, featuring Priyanka Singla, MD, Assistant Professor of Anesthesiology and Pain Medicine at the University of Virginia. It covered diagnosis, management strategies, and promising research, with over **12,000** views on Facebook.
- Published **three** articles on DPN.
- Produced **three** live events, including a DPN discussion via the *INvisible Project*, a Health Hack session, and personal stories from individuals with DPN.
- Created a comprehensive **foot care guide**, available digitally and in print.
- Welcomed **12K** new users to the U.S. Pain website, with over 20% of visitors engaging with #knowDPN content in November.

DIABETIC FOOT CARE: 6 STEPS TO HEALTHY FEET

Caring and caring for your feet is crucial to avoiding complications related to diabetes. **Check your feet regularly—it could be limb- and life-saving!**
Here are 6 expert tips to help you take care of your feet:

1

LOOK AT YOUR FEET EVERY DAY

Use a mirror, take a photo, or ask for help to check for cracks, sores, redness, swelling, or other changes.

If anything looks off, contact your healthcare provider immediately!



Education and Awareness

Raising public awareness and providing free resources and education on pain management.

U.S. Pain's education and awareness efforts seek to empower individuals, enhance patient-provider relationships, and improve treatment outcomes.

Throughout the year, we created valuable resources such as the updated *Living Well With Chronic Pain* booklet, available in versions for adults, kids, and teens, as well as in Spanish. We also developed the *Living Well With Migraine* guide in collaboration with the Danielle Foundation, and the *Navigating Pain at School* webinar series in connection with Migraine at School.

We amplify the voices of those with pain by actively participating in key conferences and events. Whether as speakers, exhibitors, or attendees, we've contributed to essential conversations about pain care and treatment. Our presentations at the American Society for Pain Management Nursing Annual Conference and the FDA Public Workshop on pediatric OTC pain care were crucial not only for educating the public but also for advocating for more comprehensive, patient-centered pain management strategies.

Additionally, we brought the patient perspective to important health discussions, including by participating in an Axios event to address the current state of pain and the challenges in today's treatment landscape.

- Hosted monthly educational series, Building Your Toolbox, to teach individuals pain management strategies or skills.
- Collaborated with the Humana Neighborhood Centers on 16 Health Hack videos related to chronic pain.
- Invited to speak at 16 conferences, symposiums, and events in 2024.
- Invited to speak to five medical schools or residency programs to inform medical students about life with pain.
- Mailed 46,507 materials free of charge to patients, health care professionals, and caregivers.

We also spoke directly with medical students and residents, deepening their understanding of chronic pain as a disease and its manifestations and complexities. By fostering awareness early in their careers, we aim to shape more compassionate, informed pain management approaches.



OUR CORPORATE COUNCIL

At the U.S. Pain Foundation, we are deeply grateful for the generous contributions of our donors. Your support empowers us to continue our mission of improving the lives of individuals living with pain. Thanks to your help, we can offer a wide range of essential services and resources, completely free of charge, to those who need them most.

A special thank you to our 2024 Corporate Council



To learn more about how you can get involved, visit uspainfoundation.org.