

CHRONIC PAIN FACTS



WHAT IS CHRONIC PAIN?

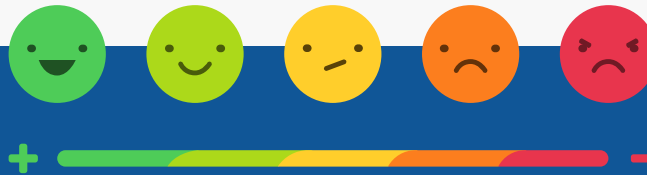
Chronic pain is defined as pain that persists most days or every day for three months or more. For some individuals, chronic pain can last a lifetime.

CHRONIC PAIN CAN PRESENT IN VARIOUS WAYS

MILD to SEVERE pain

INTERMITTENT to CONTINUOUS frequency

BOTHERSOME to DISABLING effect on your life



BY THE NUMBERS

60 MILLION

American adults
(24.3% of the population)
live with chronic pain.



21 MILLION

American adults (8.5%)
live with high-impact
chronic pain, frequently
limiting life or work
activities.



An estimated
11% to 38%
of children under 18
experience chronic pain.

52.4 NEW CASES

of chronic pain occur per
1,000 people each year—a
higher rate than other
common health conditions
like diabetes, depression,
and high blood pressure.

IMPACT AND COST

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



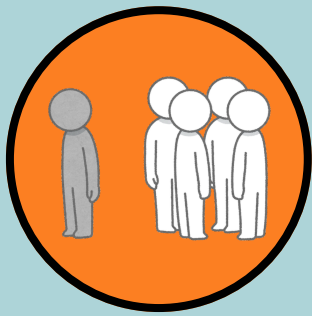
Chronic pain is the
LEADING CAUSE of long-
term disability in the
United States.



Pain in America costs as
much as **\$635 BILLION**
yearly in direct health care
costs, lost productivity,
and disability payments.



More than **14 million**
people with high-impact
chronic pain are unable to
work.



PEOPLE WITH CHRONIC PAIN ARE OFTEN OVERLOOKED AND UNDERTREATED



As of 2018, **96%** of U.S. medical schools did not require students to take courses on pain medicine.



Studies have shown that minority groups and other marginalized populations are more likely to receive **SUBOPTIMAL** pain management.



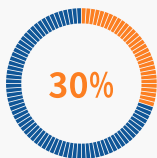
American Indians and Alaska Natives, bisexual individuals, rural residents, and people living in poverty are **SIGNIFICANTLY MORE LIKELY** to experience chronic pain.



People with chronic pain have at least **TWICE THE RISK** of suicide compared to those without chronic pain.



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



Individuals with chronic pain receive an average of **ONLY 30% PAIN REDUCTION** from their various treatments.



An estimated **50% to 88%** of people with chronic pain have ongoing sleep difficulties.



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

To learn more about our free programs for people with pain, visit uspainfoundation.org.

References, citations, and sources can be located at uspainfoundation.org/cpfactsheet25.