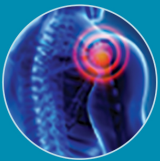


# CHRONIC PAIN FACTS



PAIN, VEIN & WELLNESS



## WHAT IS CHRONIC PAIN?

Chronic pain is defined as pain that occurs most days, or every day, for a period of three months or longer. For some individuals, this pain can persist for a lifetime.

## CHRONIC PAIN CAN HAPPEN IN VARIOUS WAYS:

**Intensity:** Ranging from mild to severe pain

**Frequency:** Occurring intermittently or continuously

**Impact:** Varying from bothersome to disabling, affecting your daily life.



## BY THE NUMBERS

**51.6+ MILLION**

American adults (21% of the population) live with chronic pain.



**17.1 MILLION**

American adults live with high-impact chronic pain, or pain that frequently limits 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

## 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 longterm 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 medical schools in the U.S. did not mandate pain medicine courses for students.



Studies have found that minority groups and other marginalized populations are more likely to receive inadequate pain management.



American Indians and Alaska Natives, bisexual individuals, rural residents, and people living in poverty are significantly more likely to experience chronic pain.



Individuals with chronic pain have at least double the risk of suicide compared to those without chronic pain.



Chronic pain has biopsychosocial effects and is linked to a lower quality of life, including a higher risk of anxiety and depression.



Individuals with chronic pain experience, on average, only a 30% reduction in pain from their various treatments.



An estimated 50% to 88% of individuals with chronic pain experience persistent sleep problems.



The National Institutes of Health invests roughly 4% of its funding in research on pain, including chronic, acute, and acute-to-chronic pain.

To learn more about our free programs for people with pain, visit [www.mvmhealth.com](http://www.mvmhealth.com)