

Pain in America

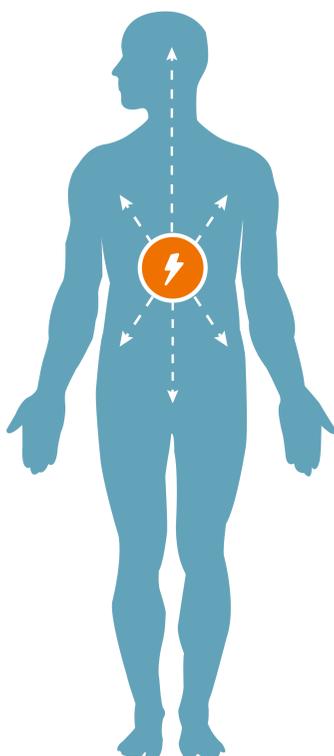
NIH National Institutes of Health

Most people experience pain at some point in their lives

WHAT IS CHRONIC PAIN?

CHRONIC PAIN

is considered a disease itself. It can be influenced by environmental and psychological factors and is resistant to most medical treatments.



ACUTE PAIN

often results from disease, inflammation, or injury to tissues. It generally comes on suddenly.

100 million adults

suffer from chronic pain in the U.S.

About 1/2 have
DAILY PAIN

Up to 1/3 have
MILD PAIN

1/3 or more have
MODERATE PAIN

Less than 1/3 have
SEVERE PAIN

THESE ARE THREE OF THE MOST COMMON TYPES OF PAIN



LOW BACK PAIN



SEVERE HEADACHE OR MIGRAINE



NECK PAIN

Many people suffer from more than one kind of chronic pain.

CHRONIC PAIN AFFECTS EMOTIONAL STATE

DEPRESSION

ANGER

ANXIETY

FEAR

WHO SUFFERS THE MOST?



Women experience pain differently from men. Women feel pain more intensely and are at greater risk of developing chronic pain conditions than men.



African Americans & Hispanics are less likely than whites to receive adequate pain relief despite comparable severity.

African Americans with chronic pain report lower quality pain management, more disabling pain severity, and lower quality of life because of pain, than whites.



30% of adults 65 years and older report low back pain compared to 23% of adults ages 18-44.



Approximately 50% of older adults and nursing home residents experience debilitating pain or suffer from pain on a daily basis.

CHALLENGES



A majority of clinicians, especially primary health care professionals, **have not been well trained in pain and pain management.**



The estimated economic impact of pain from direct medical costs to loss of productive time ranges from **\$560-\$635 billion every year.**

TAKING ACTION

FUNDING RESEARCH

In 2013, NIH provided \$402 million in funding for chronic pain conditions.

WORKING TOGETHER

The NIH Pain Consortium--which includes 25 institutes, centers, and offices--works to support pain research and initiatives.

DEVELOPING SOLUTIONS

NIH is a leader in the effort to develop a National Pain Strategy for release in 2014.