WHAT IS CHRONIC PAIN?
Chronic pain can be defined as pain that persists most days or every day for six months or more. For some individuals, pain can last a lifetime.

Chronic pain can take many forms:
- **MILD TO SEVERE**
- **INTERMITTENT TO CONTINUOUS**
- **ANNOYING TO DISABLING**

Prevalence

- **50 MILLION** American adults, or 20 percent of the population, live with chronic pain.
- **20 MILLION** or 7% of American adults live with high-impact pain, or pain that frequently limits life or work activities.

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

Impact and cost

- Chronic pain is **THE LEADING CAUSE** of long-term disability in the United States.
- The nation spends up to **$635 BILLION EACH YEAR** on chronic pain in terms of medical treatments, disability payments, and lost productivity.
- Chronic pain has biopsychosocial implications. It is associated with **REDUCED QUALITY OF LIFE**, including increased risk of anxiety and depression.

CHRONIC PAIN PATIENTS ARE OFTEN OVERLOOKED AND UNDERTREATED.

- Veterinary students **SPEND 5X** as many education hours focused on pain management as medical students.
- For every **10,000 PEOPLE** with severe pain, there is only **ONE BOARD-CERTIFIED** pain specialist.
- The National Institutes of Health dedicates approximately **2 PERCENT** of its funding to pain research.

At least **10 PERCENT** of all suicide cases in America involve someone with chronic pain.

Patients receive an average of **ONLY 30% PAIN REDUCTION** from their various treatments.

Studies have shown that **MINORITY GROUPS** and other marginalized populations are at risk of receiving suboptimal pain management.

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

**Sources**
- [https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm](https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm)
- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590163/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590163/)
- [http://www.abpm.org/faq](http://www.abpm.org/faq)
- [https://www.hhs.gov/about/budget/budget-brief/nih/index.html](https://www.hhs.gov/about/budget/budget-brief/nih/index.html)
- [https://www.cdc.gov/nchs/products/databriefs/db590.htm](https://www.cdc.gov/nchs/products/databriefs/db590.htm)