

Fact Sheet

General Pain

About

Pain touches everyone at one time or another. Pain does not discriminate; however, its treatment does. For many, pain goes away on its own or after a short course of treatment. But for others, pain becomes all-consuming, affecting every aspect of their lives.

“...over 100 million adults in the U.S. suffer from common chronic pain conditions.”

The Institute of Medicine (IOM) is an independent, nonprofit organization that works outside of government to provide unbiased and authoritative advice to decision makers and the public. In 2011, the IOM released a report “Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research.”

According to the IOM, over 100 million adults in the United States suffer from common chronic pain conditions and the annual cost of chronic pain in the U.S. is estimated to be a staggering 560-635 billion, including healthcare expenses and lost productivity.¹ The annual cost of chronic pain in the U.S. is estimated to be a staggering \$560-635 billion, including healthcare expenses and lost productivity.

According to American Pain Foundation, back pain results in an estimated 83 million lost work days each year. It is one of the most common work-related injuries, especially among those working in physically demanding jobs, and the leading cause of job-related disability and work limitations in those under 45 years of age, devastating personal economies as well.²

However, pain takes more than just an economic toll in its victims. It causes isolation and straining relationships with families and friends. The National Sleep Foundation (NSF) reports that two-thirds of chronic pain sufferers experience poor or unrefreshing sleep, robbing them of needed rest.³

Facts

The World Health Organization (WHO) estimates that 5 billion people live in countries with low or no access to controlled medicines and have no or insufficient access to treatment for moderate to severe pain. In these countries, each year, tens of millions of patients are suffering without adequate treatment:⁴

- 1 million end-stage HIV/AIDS patients
- 5.5 million terminal cancer patients
- 0.8 million patients suffering injuries, caused by accidents and violence
- Patients with chronic illnesses
- Patients recovering from surgery

Commonly-Reported Pain Conditions

- According to a recent National Center for Health Statistics Survey, an estimated 16.1% of the population reports severe headache or migraine in the last three months; however, the prevalence among women (21.9%) is double that of men (10.1%).⁵
- An estimated 28.1% of the general population reports low-back pain and 15.1% reports neck pain in the past three months.⁵
- Approximately 32.0% of adults report joint pain of any type in the past 30 days; 19.5% report issues with knee pain and 9.0% report shoulder pain.⁵

Highlights from the National Center for Health Statistics Report: Health, United States, 2006, Special Feature on Pain

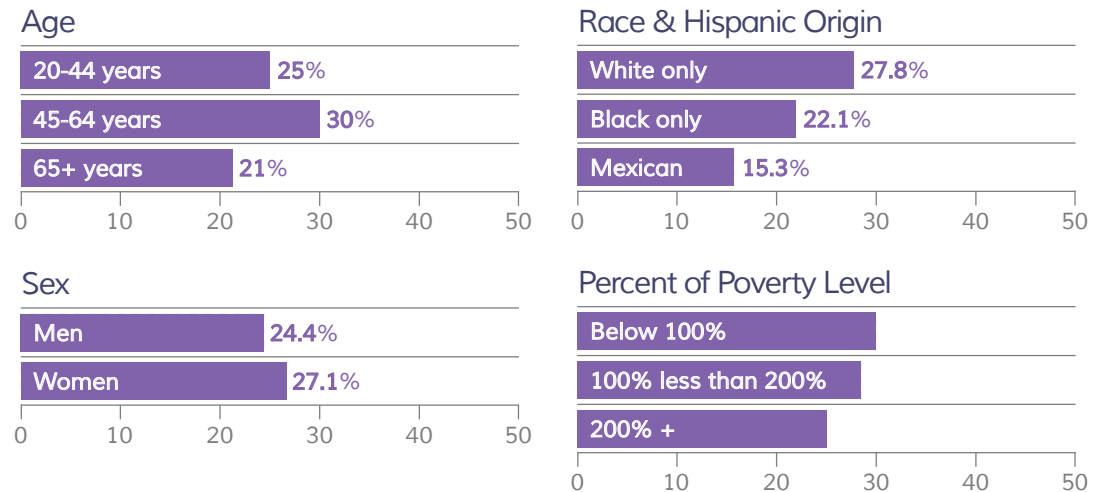
Data from the 1999–2002 National Health and Nutrition Examination Survey show that more than one-quarter of Americans (26%) age 20 years and over reported that they had a problem with pain—of any sort—that persisted for more than 24 hours in duration in the month prior to the interview. Adults age 45-64 years were the most likely to report pain lasting more than 24 hours (30%). Twenty-five percent (25%) of young adults age 20-44 reported pain, and adults age 65 and over were the least likely to report pain (21%). More women (27.1%) than men (24.4%) reported that they were in pain. Non-Hispanic white adults reported pain more often than adults of other races and ethnicities (27.8% vs. 22.1% Black only or 15.3% Mexican). Adults living in families with income less than twice the poverty level reported pain more often than higher income adult.

Duration

Adults 20 years of age and over who report pain said that it lasted:

- Less than one month – 32%
- One to three months – 12%
- Three months to one year – 14%
- Longer than one year – 42%

Pain in the Past Month Among Adults 20+, 1999-2002



SOURCE: Highlights from the National Center for Health Statistics Report: Health, United States, 2006, Special Feature on Pain, can be downloaded through the Centers for Disease Control and Prevention website: <http://www.cdc.gov/nchs/data/hus/hus06.pdf>

Additional Resources

American Academy Hospice and Palliative Medicine

4700 West Lake Avenue
Glenview, IL 60025-1485
Phone: (847) 375-4712
Fax: (847) 375-6475
E-mail: info@aahpm.org
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American Academy of Craniofacial Pain

12100 Sunset Hills Rd, Suite 130
Reston, VA 20190
Phone: (800) 322-8651
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Fax: (847) 885-8393
E-mail: central@aacfp.org
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American Academy of Family Physicians

11400 Tomahawk Creek Parkway
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Phone: (800) 274-2237
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American Academy of Neurology

1080 Montreal Avenue
St. Paul, MN 55116-2325
Phone: (800) 879-1960
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American Academy of Nurse Practitioners

P.O. Box 12846
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American Academy of Orthopedic Surgeons

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www.aaos.org

American Academy of Osteopathy

3500 DePauw Boulevard, Suite 1080
Indianapolis, IN 46268-1136
Phone: (317) 879-1881
Fax: (317) 879-0563
www.academyofosteopathy.org

American Academy of Pain Medicine

4700 West Lake Avenue
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Fax: (847) 375-6429
Email: info@painmed.org
www.painmed.org

American Academy of Physician Assistants

2318 Mill Road
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Phone: (703) 836-2272
Fax: (703) 684-1924
E-mail: aapa@aapa.org
www.aapa.org

American Chronic Pain Association

P.O. Box 850
Rocklin, CA 95677
Phone: (800) 533-3231
Fax: (916) 632-3208
E-mail: acpa@pacbell.net
www.theacpa.org

American College of Osteopathic Family Physicians

330 E. Algonquin Road, Suite 1,
Arlington Heights, IL 60005
Phone: 800-323-0794
Fax: 847-228-9755
www.acofp.org

American College of Rheumatology

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Atlanta, GA 30319
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Fax: (404) 633-1870
E-mail: acr@rheumatology.org
www.rheumatology.org

American Academy of Pain Management

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American Academy of Physical Medicine and Rehabilitation

9700 West Bryn Mawr Avenue
Suite 200
Rosemont, IL 60018-5701
Phone: (847) 737-6000
www.aapmr.org

American Chiropractic Association

1701 Clarendon Boulevard
Arlington, VA 22209
Phone: (703) 276-8800
www.acatoday.org

American College of Nurse Practitioners

1501 Wilson Boulevard
Suite 509
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Phone: (703) 740-2529
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American College of Physicians

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American Geriatric Society

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E-mail: info@americangeriatrics.org
www.americangeriatrics.org

American Medical Association

515 N. State Street
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Phone: (800) 621-8335
www.ama-assn.org

American Medical Directors Association

11000 Broken Land Parkway, Suite 400
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www.amda.com

American Occupational Therapy Association

4720 Montgomery Lane
P.O. Box 31220
Bethesda, MD 20824-1220
Phone: (301) 652-2682
www.ota.org

American Osteopathic Association

142 East Ontario Street
Chicago, IL 60611
Phone: (800) 621-1773
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Fax: (312) 202-8200
E-mail: info@osteotech.org
www.osteopathic.org

American Pain Foundation

201 N. Charles Street, Suite 710
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www.painfoundation.org

American Pain Society

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Fax: (847) 375-6479
E-mail: info@ampainsoc.org
www.ampainsoc.org

American Pharmacists Association

2215 Constitution Avenue NW
Washington, DC 20037
Phone: 1-800-237-APhA (2742)
Phone: (202) 628-4410
Fax: (202) 783-2351
www.pharmacist.com

American Physical Therapy Association

1111 North Fairfax Street
Alexandria, VA 22314-1488
Phone: (800) 999-2782
www.apta.org

American Society for Pain Management Nursing

P.O. Box 15473
Lenexa, KS 66285-5473
Phone: (888) 34-ASPMN (27766)
Phone: (913) 895-4606
Fax: (913) 895-4652
E-mail: aspmn@goamp.com
www.aspmn.org

American Society of Anesthesiologists

520 N. Northwest Highway
Park Ridge, IL 60068-2573
Phone: (847) 825-5586
Fax: (847) 825-1692
E-mail: mail@asahq.org
www.asahq.org

American Society of Clinical Oncology

2318 Mill Road, Suite 800
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American Society of Regional Anesthesia & Pain Medicine

520 N. Northwest Highway
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Phone: (847) 825-5586
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www.asra.com

Association of Oncology Social Work

100 North 20th St., Suite 400
Philadelphia, PA 19103
Phone: (215) 599-6093
www.aosw.org

Case Management Society of America

6301 Ranch Drive
Little Rock, AR 72223
Phone: (501) 221-9068
www.cmsa.org

International Association for the Study of Pain

111 Queen Anne Avenue North, Suite 501
Seattle, WA 98109-4955
Phone: (206) 283-0311
Fax: (206) 283-9403
E-mail: iaspdesk@iasp-pain.org
www.iasp-pain.org

National Association Directors of Nursing Administration in Long Term Care

Reed Hartman Tower
11353 Reed Hartman Highway
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Cincinnati, OH 45241
Phone: (800) 222-0539
www.nadona.org

National Hospice & Palliative Care Organization

1731 King Street, Suite 100
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Phone: (703) 837-1500
Fax: (703) 837-1233
E-mail: nhpco_info@nhpco.org
www.nhpco.org

U.S. Pain Foundation

P.O. Box 2182
Shelton, CT 06484
Phone: (800) 910 - 2462
www.uspainfoundation.org

Association of Rehabilitation Nurses (ARN)

4700 West Lake Avenue
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E-mail: info@rehabnurse.org
www.rehabnurse.org

Hospice and Palliative Nurses Association

1 Penn Center West, Suit 229
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www.hpna.org

International Association of Hospice and Palliative Care

5535 Memorial Drive, Suite F-PMB 509
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Fax: (713) 880-2948
www.hospicecare.com

National Association of Social Workers

750 First Street, NE
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Washington, DC 20002-4241
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www.naswdc.org

Oncology Nursing Society

125 Enterprise Drive
Pittsburgh, PA 15275-1214
Phone: (866) 257-4ONS (667)
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Fax: (877) 369-5497
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Email: customer.service@ons.org
www.ons.org

Resources verified July 2011.

References

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<http://www.sleepfoundation.org/article/ask-the-expert/pain-and-sleep> Accessed May 24, 2011.
4. World Health Organization. "Access to Controlled Medications Programme: Improving access to medications controlled under international drug conventions." February 2009.
http://www.who.int/medicines/areas/quality_safety/ACMP_BrNoteGenrl_EN_Feb09.pdf Accessed May 24, 2011.
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