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

**CHRONIC PAIN** is often defined as pain that persists for at least 3 months or more. Many people suffering from chronic pain say it affects their emotional state and quality of life. Chronic pain is often difficult to address and treat.

100 million adults suffer from chronic pain in the U.S.

**WHO SUFFERS THE MOST?**

- **Women** experience pain different from men. Women feel pain more intensely and are at greater risk for developing chronic pain 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 55% of older adults and nursing home residents** have pain on a daily basis.

**CHALLENGES**

- A majority of chronic pain, especially in low-income communities, is not adequately recognized or treated in primary care visits.
- A large portion of Americans report taking medications for pain and experiencing side effects.
- 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.