

# 2013 COMMUNITY HEALTH SURVEY

## back pain



As one of the leading causes of disability and lost time at work, back pain will affect 8 out of every 10 Americans according to the National Institutes of Health. Back pain can be acute, lasting a few days to weeks or it can be chronic if it lasts for more than three months. Survey respondents were asked: "Do you now have back problems or sciatica?"

### A CLOSER LOOK AT BACK PAIN IN OUR COMMUNITY

#### income

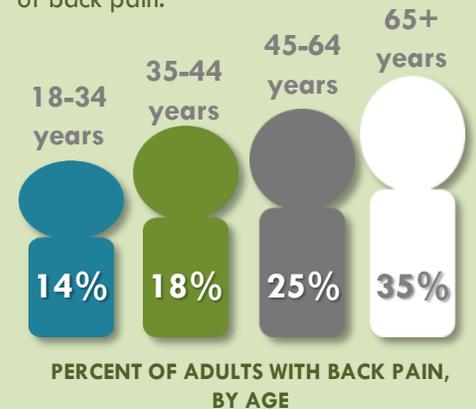
Respondents with household incomes at or below 185% of the Federal Poverty Level reported more frequently that they had back pain compared to higher income respondents.

PERCENT OF ADULTS WITH BACK PAIN, BY INCOME



#### age

Age is just one risk factor that can contribute to higher rates of back pain.



WHAT PERCENT OF ADULTS HAVE BACK PAIN



**22%** OF HEALTH DISTRICT ADULTS



**30%** OF AMERICAN ADULTS\*



\*Taken from the 2014 National Health Interview Survey which asked about back and neck pain.

### looking at back pain over time

Health District residents have reported more back pain since we began asking this question. We also see an increase in back pain in all age groups over time. This means that the increase in reported back pain is not related to an aging population.



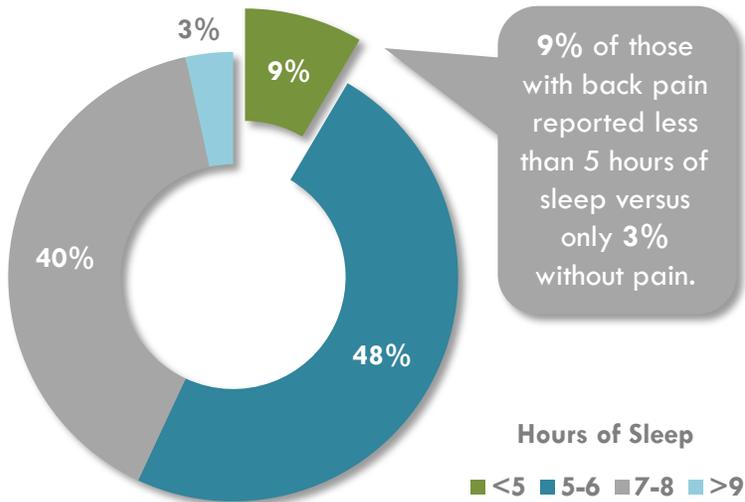
\*This question was not asked on the 2007 Community Health Survey.

# 2013 Community Health Survey: back pain

## SLEEP

People with back pain reported sleeping fewer hours than those without back pain. **1 in 3** did not get sufficient sleep (>8 hours a day for adults aged 18-21 and >7 hours a day for adults aged 22+) compared to **1 in 4** without back pain.

### HOURS OF SLEEP FOR THOSE WHO HAVE BACK PAIN



Back pain often interferes with sleep and lack of sufficient sleep can compound the effects of back pain.

## PHYSICAL ACTIVITY

Respondents engaging in **sufficient exercise** or those who indicated doing weekly moderate or vigorous exercise were **less likely** to report having **back pain**.

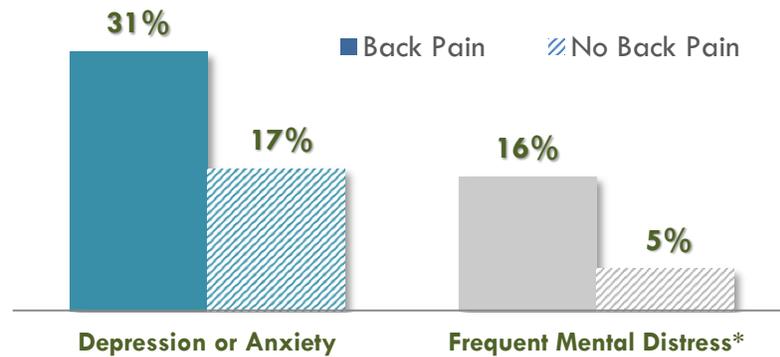
Likewise, those who reported having back pain were **MORE LIKELY** to be told by a doctor that they were **obese or overweight** than those without back pain.



## MENTAL HEALTH

**Thirty one percent** of respondents who reported having low back pain also reported having depression or anxiety, whereas only **17%** of respondents without low back pain reported depression or anxiety. Respondents with back pain were also more likely to report frequent mental distress than respondents without back pain.

### PERCENTAGE OF RESPONDENTS REPORTING MENTAL HEALTH CONCERNS, BY BACK PAIN



\*Frequent mental distress is determined when an individual reports 14 or more days of poor mental health in a month.

## TOBACCO AND MARIJUANA USE



Cigarette smokers were **2X more likely** to currently have **back problems** than non-smokers. **28%** of respondents that use any kind of tobacco reported **back pain** compared to only **21%** of respondents who do not use tobacco.

Respondents who reported **back pain** were **more likely** to have used **marijuana** in the past year compared to those without back pain.

