

# PAIN IN OUR COMMUNITY

## 2016 Survey of Larimer County Residents



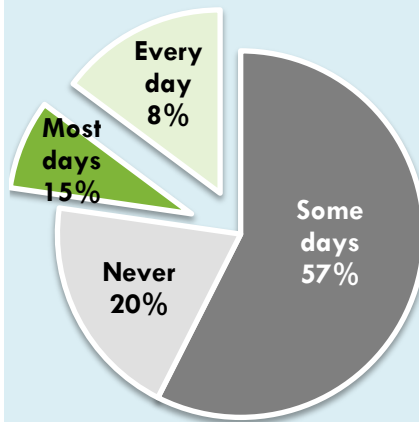
The National Institute of Health defines chronic pain as pain that persists for an extended period of time. Chronic pain is defined here as pain reported most or every day for the past 6 months. While the pain may be caused by an initial mishap such as an injury or infection, some people suffer chronic pain in the absence of any past injury or evidence of bodily damage. Common chronic pain complaints include headache, back pain, cancer, pain, and arthritis pain.\*

\*Source: The American Academy of Pain Medicine

### Chronic Pain

**23%**

of people reported **chronic pain**, which is pain **most** or **every day** in the past 6 months.



### High-Impact Chronic Pain

- 7% of respondents experienced **high-impact chronic pain** – pain that limits their activity most or every day.
- **Low-income** individuals<sup>^</sup> were **2x** as likely to experience high-impact chronic pain compared to those with higher income.
- Respondents with high-impact chronic pain were more likely to report **frequent physical and mental distress** compared to those without high-impact chronic pain.

<sup>^</sup>Less than 185% Federal Poverty Level

WHAT PERCENT OF ADULTS HAVE EXPERIENCED CHRONIC PAIN IN THE LAST 6 MONTHS



**23%**  
OF LARIMER COUNTY ADULTS

**19%**  
OF AMERICAN ADULTS\*

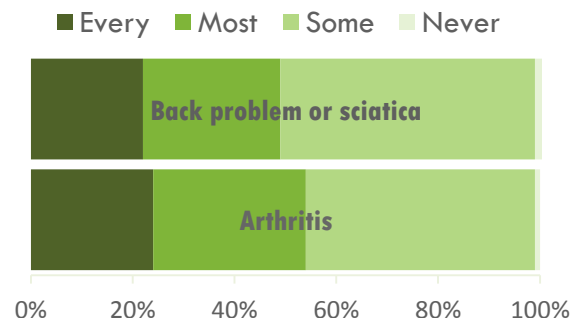


\*From the 2016 National Health Interview Survey, which asked about having experienced pain most or every day in the last 6 months.

### Sources of Pain



For those with back problems or arthritis, **about half** experienced pain most or every day.



# 2016 Community Health Survey: pain

## MENTAL HEALTH



About **2 in 5** (38%) individuals experiencing chronic pain were also experiencing a mental health problem.


This level is *almost double the rate* for the overall population (21%).

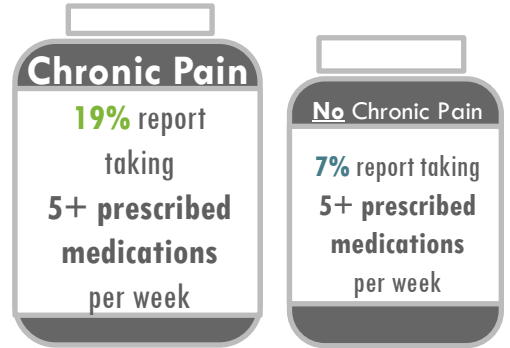


Respondents experiencing chronic pain were almost **5x more likely to report frequent mental distress** than those with pain some days or never.

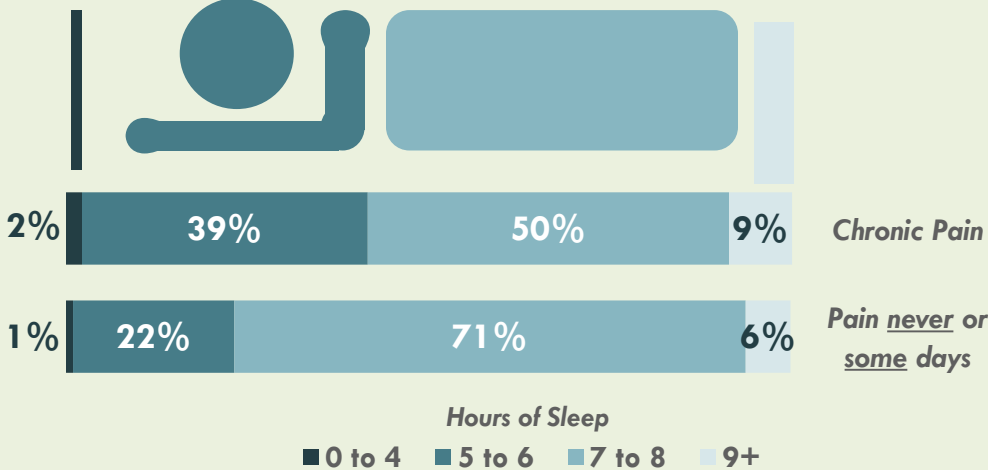
**17% of respondents with chronic pain had considered suicide in the past year.**

## MARIJUANA USE

Individuals with chronic pain were **more likely to have used marijuana** in the past year than those who had pain only some days or never (40% vs 29%). 



## SLEEP

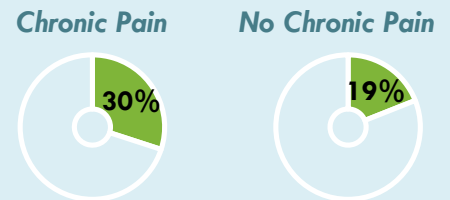


**43%** of people experiencing chronic pain did not get sufficient sleep\* compared to **25%** with pain only some days or never.

\* Sufficient sleep is 8 or more hours a night for adults aged 18-21 and 7 or more hours a night for adults aged 22+.

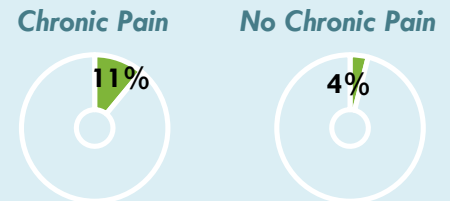
## CHRONIC DISEASE

### High Blood Pressure



Those with chronic pain were **more likely** to report **high blood pressure**.

### Diabetes



Those with chronic pain were almost **3x more likely** to report having **diabetes**.

## EXERCISE



Only **48%** of people who reported pain every day got **sufficient exercise**, compared to **74%** of those who never had pain.

