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

23% of people reported chronic pain, which is pain most or every day in the past 6 months.

7% of respondents experienced high-impact chronic pain — pain that limits their activity most or every day.

- Low-income individuals 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.

^Less than 185% Federal Poverty Level

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

**EXERCISE**

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

**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**

![Hours of Sleep](image)

- **Chronic Pain**
  - 2% (0 to 4 hours)
  - 39% (5 to 6 hours)
  - 50% (7 to 8 hours)
  - 9% (9+ hours)

- **Pain never or some days**
  - 1% (0 to 4 hours)
  - 22% (5 to 6 hours)
  - 71% (7 to 8 hours)
  - 6% (9+ hours)

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**

- **Chronic Pain**
  - 30% reported

- **No Chronic Pain**
  - 19% reported

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

**Diabetes**

- **Chronic Pain**
  - 11% reported

- **No Chronic Pain**
  - 4% reported

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

**EXERCISE**

![Exercise](image)

<table>
<thead>
<tr>
<th>Pain Level</th>
<th>No Pain</th>
<th>Some</th>
<th>Most</th>
<th>Every</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Pain</td>
<td>74%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Some</td>
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<td>68%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most</td>
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<td>68%</td>
<td></td>
</tr>
<tr>
<td>Every</td>
<td></td>
<td></td>
<td></td>
<td>48%</td>
</tr>
</tbody>
</table>

healthdistrict.org/community-health-assessment

Find more data at larimerhealthtracker.org