

FAST FACTS

Low Back and Neck Pain

Back and neck disorders, injuries, and disk disorders



Major Cause of Disability/Healthcare Cost

- **1 in 3** (73.2 million) adults suffer from chronic low back pain.¹
- **\$315 billion:** Annual U.S. cost for treatment and lost wages due to back pain²

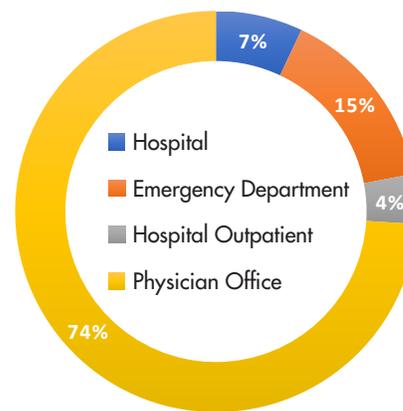
Back and Neck Conditions

- Back/Neck Disorders: inflammatory/arthritis, spondylosis, stenosis, lumbago, sciatica
- Injuries: fractures, dislocations, sprains
- Disk Disorders: herniation, degeneration
- **72%:** Proportion of low back health care visits by adults in prime working ages 18 to 64³
- **10.9 million:** Persons with limitations in performing activities of daily living due to chronic back pain⁴
- **Degeneration** is often the cause of back pain, but for millions more the underlying cause is unknown, making treatment options uncertain.

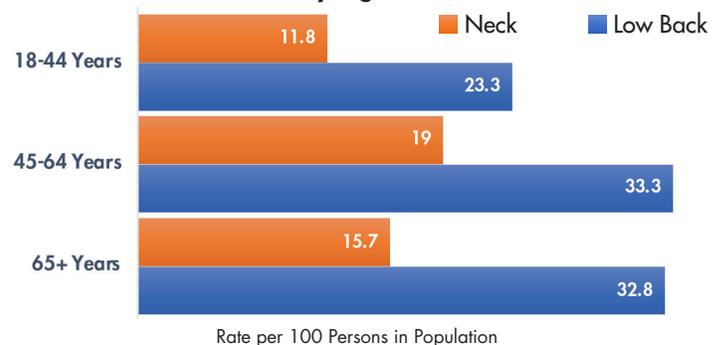
Healthcare Impact

- **62 million:** Healthcare visits for low back pain⁵
- **90% increase:** Number of physician office visits for back/neck pain from 2000 to 2013⁶
- **9%:** Share of all hospital and emergency department visits with a diagnosis of back or neck pain⁷
- **14.3 million:** Hospital days for back or neck pain, 9% of hospital days for all causes⁸
- **Nearly 4 million:** Inpatient and outpatient spine procedures performed for back pain (inpatient only: 1.3 million procedures on 693,000 patients)⁹

Back and Neck Pain Health Care Visits¹³



Population Rate Reporting Low Back and Neck Pain, by Age¹⁴



Economic Impact: Lost Work Time and Wages

- **\$156.6 billion:** Annual hospital cost to treat back pain¹⁰
- **264 million:** Annual lost workdays due to back and neck pain¹¹
- **\$4.6 billion:** Annual earnings loss for persons with back disorders¹²

Data references available on the reverse side.



Fast Facts: This data is sourced from *The Burden of Musculoskeletal Diseases in the United States (BMUS)*, boneandjointburden.org.

References: For additional information, refer to the tables listed below at boneandjointburden.org.

Major Cause of Disability/Health Care Cost

- [1] T1.3.1: Source: National Health Interview Survey (NHIS)_Adult sample, 2015. <http://www.cdc.gov/nchs/nhis/data-questionnaires-documentation.htm> Accessed July 23, 2016.
- [2] T8.6.2: Source: Medical Expenditures Panel Survey (MEPS), Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services, 2012-2014. <http://meps.ahrq.gov/mepsweb/>

Back and Neck Conditions

- [3] T2A.2.2: Source: HCUP: NIS, NEDS 2013; NCHS: NHAMCS_OP 2011, NAMCS, 2013.
- [4] T1.6.1: Source: National Health Interview Survey (NHIS), Adult sample. www.cdc.gov/nchs/nhis/nhis_2012_data_release.htm Accessed July 23, 2016.

Health Care Impact

- [5] T2A.2.1: Source: HCUP: NIS, NEDS 2013; NCHS: NHAMCS_OP 2011, NAMCS, 2013.
- [6] TA.5: Source: National Ambulatory Medical Care Survey (NAMCS), 2013. www.cdc.gov/nchs/ahcd/ahcd_questionnaires.htm Accessed January 14, 2016.
- [7] T2A.4.1: Source: HCUP Nationwide Inpatient Sample (NIS) and Nationwide Emergency Department Sample (NEDS). Healthcare Cost and Utilization Project (HCUP). 2013. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/nisoverview.jsp
- [8] T2A.10.1: Source: HCUP National Inpatient Sample (NIS). Healthcare Cost and Utilization Project (HCUP). 2013. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/nisoverview.jsp
- [9] T2A.14: Source: HCUP: NIS, NEDS 2013; NCHS: NHAMCS_OP 2011, NAMCS, 2013.

Economic Impact: Lost Work Time and Wages

- [10] T2A.10.1: Source: HCUP National Inpatient Sample (NIS). Healthcare Cost and Utilization Project (HCUP). 2013. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/nisoverview.jsp
- [11] T2A.1.3.1: Source: National Health Interview Survey (NHIS)_Injury database, 2015. <http://www.cdc.gov/nchs/nhis/data-questionnaires-documentation.htm> Accessed July 23, 2016.
- [12] T8.13: Source: Medical Expenditures Panel Survey (MEPS), Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services, 2008-2014. <http://meps.ahrq.gov/mepsweb/>

Figures

- [13] T2A.2.1: Source: HCUP: NIS, NEDS 2013; NCHS: NHAMCS 2011, NAMCS, 2013.
- [14] T2A.1: Source: National Center for Health Statistics, National Health Interview Survey, 2013-2015



About the United States Bone and Joint Initiative

The United States Bone and Joint Initiative (USBJI) is part of the worldwide multi-specialty campaign to advance understanding, prevention, and treatment of musculoskeletal disorders through education and research.

To learn more, visit usbji.org.