



BY THE NUMBERS

Musculoskeletal Back Pain

Back and neck disorders, injuries, and disk disorders

Major Cause of Disability/Health Care Cost

- **1 in 4** (58.8 million) adults suffer from chronic low back pain; for 40%, pain radiates down the leg.
- **\$253 billion:** Annual U.S. cost for treatment and lost wages due to back pain**

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 64*
- **45 to 64 years:** age group reporting highest rate of back pain***
- **8.4 million** persons with limitations in performing activities of daily living due to chronic back pain ***
- **Degeneration** is often the cause of back pain, but for millions more the underlying cause is unknown, making treatment options uncertain.

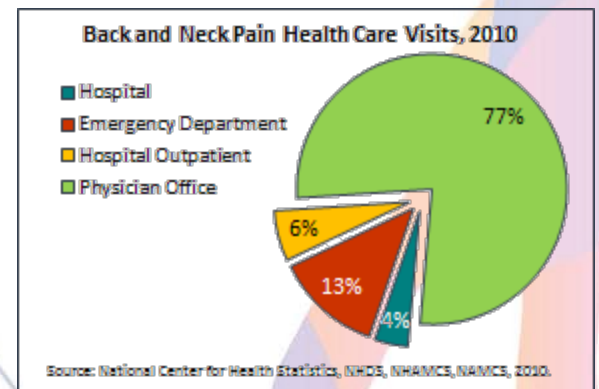
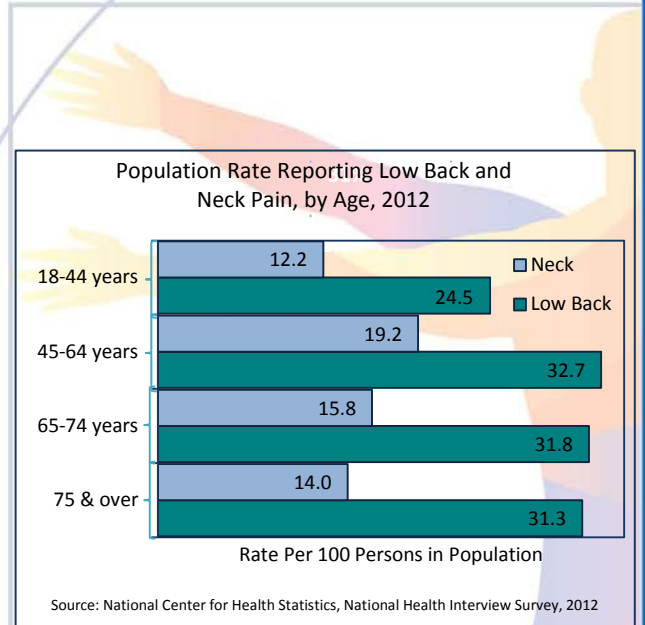
Health Care Impact

- **52 million** health care visits for low back pain*
- **66% increase** in number physician office visits for back/neck pain 2000 to 2010*
- **9%** all hospital and emergency department visits have a diagnoses of back or neck pain**
- **15 million** hospital days, 8% of hospital days all causes**
- **742 thousand** spine procedures performed in 2011 for back pain**

Economic Impact: Lost Work Time and Wages

- **\$150.4 billion:** hospital cost to treat back pain**
- **291 million:** lost work days due to back and neck pain***
- **\$131.8 billion:** annual earnings loss for persons with back/neck condition**

* 2010, ** 2011, *** 2012



BY THE NUMBERS: Musculoskeletal Conditions is sourced from *The Burden of Musculoskeletal Diseases in the United States (BMUS)*, www.boneandjointburden.org.

The United States Bone and Joint Initiative (USBJI) is part of the worldwide campaign to advance understanding, prevention, and treatment of musculoskeletal disorders through education and research. To learn more, visit www.usbji.org.



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

Leading Cause of Disability and Health Care Cost

- [1] T2.1: Source: National Health Interview Survey (NHIS), Adult sample. www.cdc.gov/nchs/nhis/nhis_2012_data_release.htm Accessed July 2, 2013.
- [2] T10.6: Source: Medical Expenditures Panel Survey (MEPS), Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services, 2008-2011. <http://meps.ahrq.gov/mepsweb/>

Back/Neck Conditions

- [1] T2.2.2: Source: National Center for Health Studies, NHDS, NHAMCS_OP, NHAMCS_ED, NAMCS, 2010. www.cdc.gov/nchs/nhds/nhds_questionnaires.htm Accessed April 23, 2013.
- [2] T2.1: Source: National Health Interview Survey (NHIS), Adult sample. www.cdc.gov/nchs/nhis/nhis_2012_data_release.htm Accessed July 2, 2013.
- [3] T2.10.1: Source: National Health Interview Survey (NHIS)_Adult sample, 2012. www.cdc.gov/nchs/nhis/nhis_2012_data_release.htm July 2, 2013.

Health Care Impact

- [1] T2.4.2: Source: National Center for Health Studies, NHDS, NHAMCS_OP, NHAMCS_ED, NAMCS, 2010. www.cdc.gov/nchs/nhds/nhds_questionnaires.htm Accessed April 23, 2013.
- [2] T2.8: Source: National Ambulatory Medical Care Survey (NAMCS) 1998-2010. www.cdc.gov/nchs/ahcd/ahcd_questionnaires.htm April 23, 2013.
- [3] T2.7.1: Source: HCUP Nationwide Inpatient Sample (NIS) and Nationwide Emergency Department Sample (NEDS). Healthcare Cost and Utilization Project (HCUP). 2011. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/nisoverview.jsp
- [4] T2.9.2: Source: HCUP Nationwide Inpatient Sample (NIS). Healthcare Cost and Utilization Project (HCUP). 2011. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-s.ahrq.gov/nisoverview.jsp
- [5] T2.12: Source: HCUP Nationwide Inpatient Sample (NIS). Healthcare Cost and Utilization Project (HCUP). 2007/2011. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/nisoverview.jsp

Economic Burden

- [1] T2.9.2: Source: HCUP Nationwide Inpatient Sample (NIS). Healthcare Cost and Utilization Project (HCUP). 2011. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-s.ahrq.gov/nisoverview.jsp
- [2] T2.11.1: Source: National Health Interview Survey (NHIS)_Adult sample, 2012. www.cdc.gov/nchs/nhis/nhis_2012_data_release.htm Accessed July 2, 2013.
- [3] T10.13: Source: Medical Expenditures Panel Survey (MEPS), Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services, 2008-2011. <http://meps.ahrq.gov/mepsweb/>