

# BACK FACTS

## HOW MANY PEOPLE HAVE BACK PAIN?

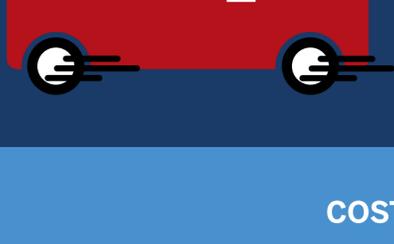


**31 million Americans** experience low-back pain at any given time

Low-back pain is the **leading cause** of disability worldwide

**Back pain is the second most common reason American adults visit a doctor,** behind upper-respiratory infections

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**9 percent** of hospital and emergency room visits are due to back pain

## COSTS:

**\$50 billion**

Americans spend at least \$50 billion each year on back pain



**1 in 5** people who develop low back pain from injury will develop chronic back pain, lasting more than one year.



**80 percent** of the costs are incurred by **20 percent** of people who develop chronic low back pain.

## WHO IS AT RISK?



**Risk factors for back pain:** Age, Fitness Level, Pregnancy, Weight Gain, Genetics, Lifting at Work

People **age 45–64** have the highest rate of back pain



People who are obese or who smoke are more likely to have back pain as are people who are mostly inactive

## TRENDS

**Back pain has become a bigger burden on society in the past 20 years**

**1990:** ranked 6th most burdensome disease for mortality/poor health

**2010:** ranked 3rd behind heart disease and COPD



Bureau of Labor Statistics reports that the **largest percentage of missed work** (63%) were due to overexertion. Of that 36 percent were caused by back injury.

Low back pain will increase substantially as baby boomers age due to the disc deterioration in older people.



## TREATMENT



**37 percent** of people with back pain don't seek help

**3 in 4 people** with back pain use pain medication to relieve symptoms



As many as **30 million** Americans see a chiropractor

**15 percent** of people with back pain use an alternative method, such as yoga, to alleviate symptoms



**Less than 10 percent** of people who go to a doctor for back pain will have a condition that may require surgery

## PREVENTION

**These things can keep your back healthy:**



Good posture



Comfortable shoes



Proper Work Station Setup



Sleep on side with knees bent



Bend knees while lifting



Quit Smoking

# Tufts Medical Center

Tufts MC can help with your back pain. Visit our Spine Center website to learn more.