

# CDC: about one in five U.S. adults have chronic pain

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"These findings could be used to target pain management interventions," the authors write.

**More information:** [Abstract/Full Text](#)

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(HealthDay)—About 20.4 percent of U.S. adults have chronic pain and 8.0 percent have high-impact chronic pain, according to research published in the Sept. 14 issue of the U.S. Centers for Disease Control and Prevention's *Morbidity and Mortality Weekly Report*.

James Dahlhamer, Ph.D., from the National Center for Health Statistics in Hyattsville, Md., and colleagues analyzed 2016 National Health Interview Survey data to estimate the prevalence of chronic [pain](#) and high-impact chronic pain in the United States.

The researchers found that an estimated 20.4 and 8.0 percent of U.S. [adults](#) had chronic pain and high-impact chronic pain, respectively. The prevalences of both chronic pain and high-impact chronic pain were higher among women; older adults; adults who were previously, but not currently, employed; adults living in poverty; those with public [health](#) insurance; and rural residents.

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