

Chronic Pain in the Medicare Population

This infographic describes experiences with chronic pain among Medicare beneficiaries living in the community. These estimates are based on the 2022 Medicare Current Beneficiary Survey (MCBS). Chronic pain is defined as the reporting of at least some pain most days or every day in the last three months.

FREQUENCY OF PAIN

36% of all Medicare beneficiaries experience chronic pain



38% of female beneficiaries experience chronic pain compared with **34%** of male beneficiaries



59% of beneficiaries under 65¹ experience chronic pain compared with **34%** of older beneficiaries

¹ Eligible for Medicare due to disability

LOCATION OF PAIN

among beneficiaries living with chronic pain

91% of beneficiaries experience chronic pain in more than one location

Most common locations:

87%



Hips, knees, or feet

86%



Back

76%



Hands, arms, or shoulders

LIMITATIONS CAUSED BY PAIN

among beneficiaries living with chronic pain



94% of beneficiaries say chronic pain stops them from doing things they enjoy



78% of beneficiaries say their chronic pain limits their lives or work



46% of beneficiaries say their chronic pain affects their family or significant others

PAIN MANAGEMENT

among beneficiaries living with chronic pain

49% of beneficiaries use at least one non-medication pain management technique

Most common techniques:



25%

Physical, rehabilitative, or occupational therapy



18%

Meditation, guided imagery, or other relaxation techniques



15%

Massage

SOURCE: Centers for Medicare & Medicaid Services, 2022 MCBS Survey File.

Estimates represent the population of beneficiaries who were ever enrolled in Medicare in 2022 and were still alive, living in the community, and eligible and enrolled in Medicare at the time of their Summer 2023 interview. The dataset included 6,752 beneficiaries (weighted N=61,243,524). "Beneficiaries living in the community" refers to beneficiaries who live in their own residence or with family or friends (i.e., not in a long-term care facility such as a nursing home).