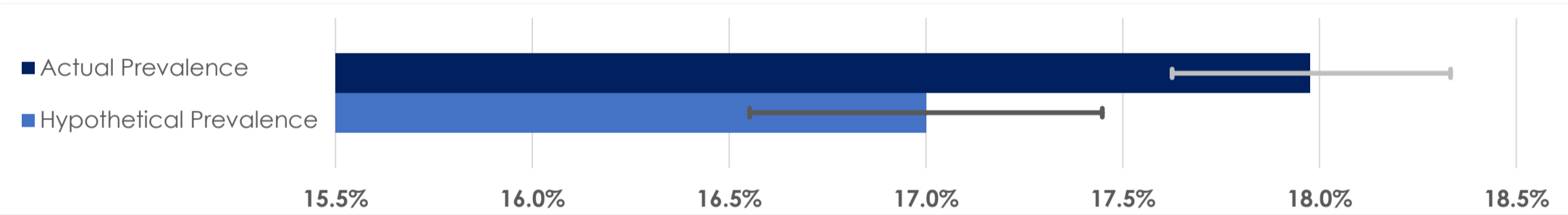


# A nationwide physical activity intervention could reduce the prevalence of high-impact chronic pain by up to 1.1%.

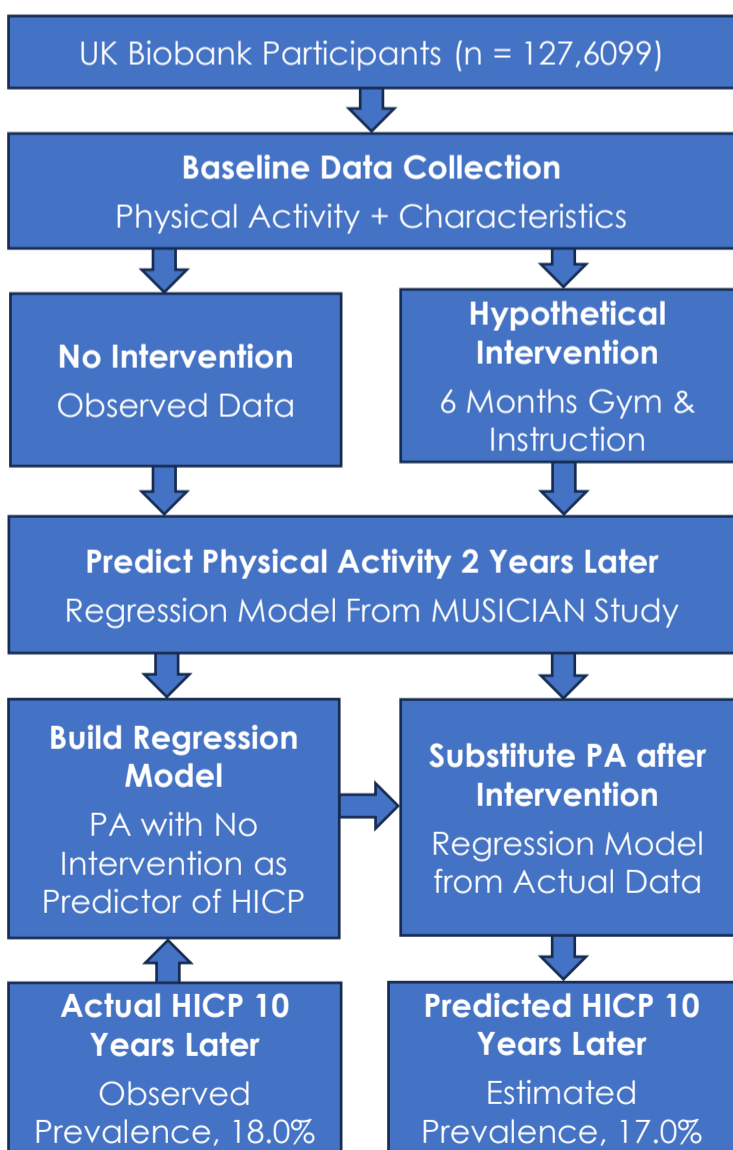
## Population-Level Association between Physical Activity and High Impact Chronic Pain 10 Years Later

**Background:** High-impact chronic pain (HICP) is a major public health issue. While physical activity helps individuals with pain, its population-level impact is not known.

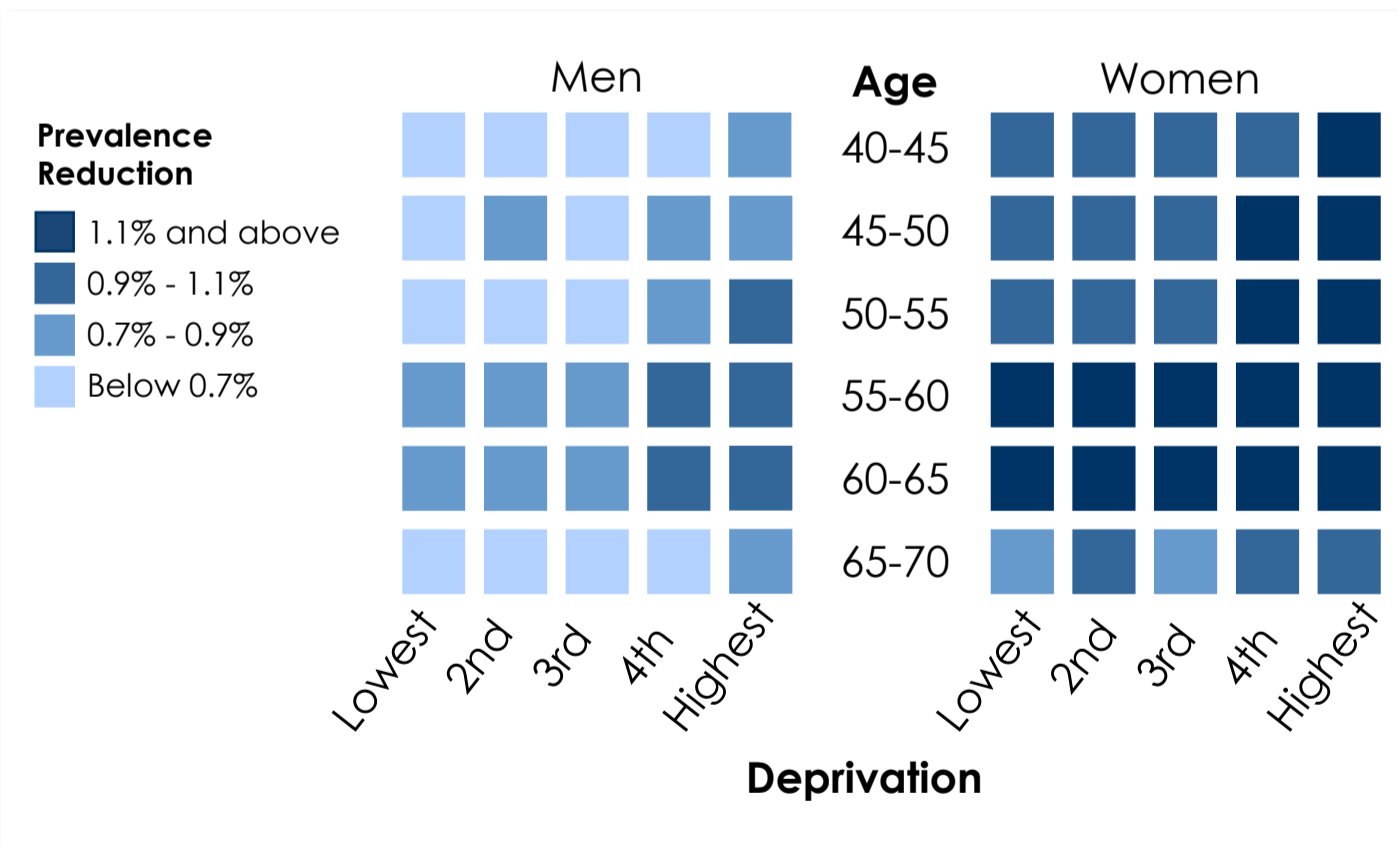
**Result:** HICP prevalence reduced from **18.0% to 17.0%** under the hypothetical intervention.



### Method:



**Result:** The hypothetical intervention was associated with varying reductions in HICP prevalence in different subgroups.



**Conclusion:** A nationwide physical activity intervention could reduce HICP prevalence. Greatest benefits for **women, older adults**, and those in **deprived areas**. Policymakers could consider interventions like **free gym passes** and **fitness instruction** to alleviate the impact of chronic pain.



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