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Key finding

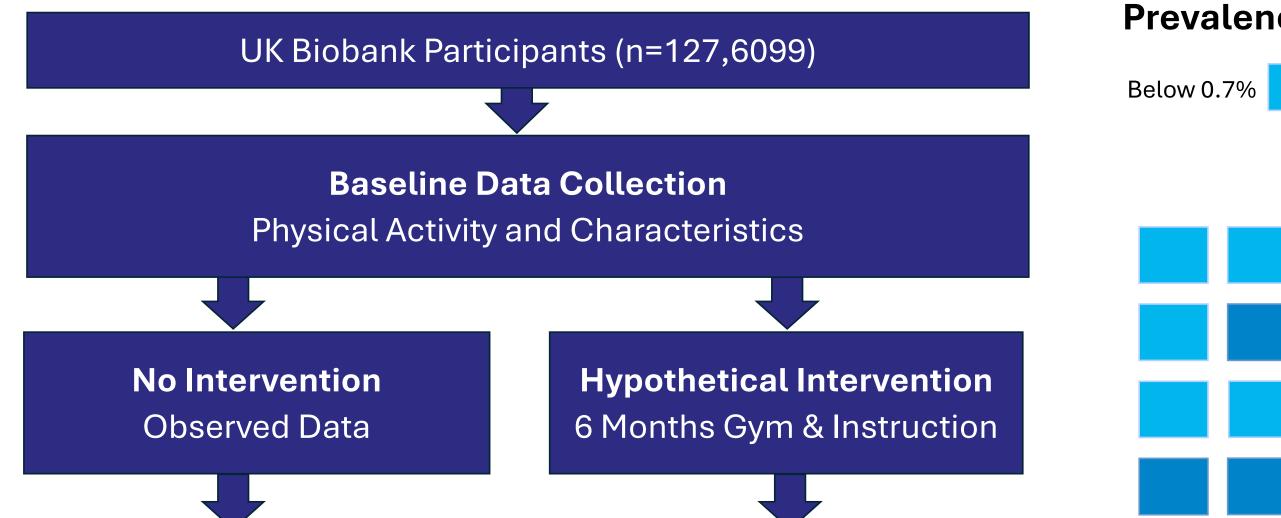
A nationwide physical intervention could reduce the prevalence of high impact chronic pain by up to 1.1%

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

Background

- High impact chronic pain is a major public health issue
- Physical activity helps individuals with pain, but its impact on the population is not known

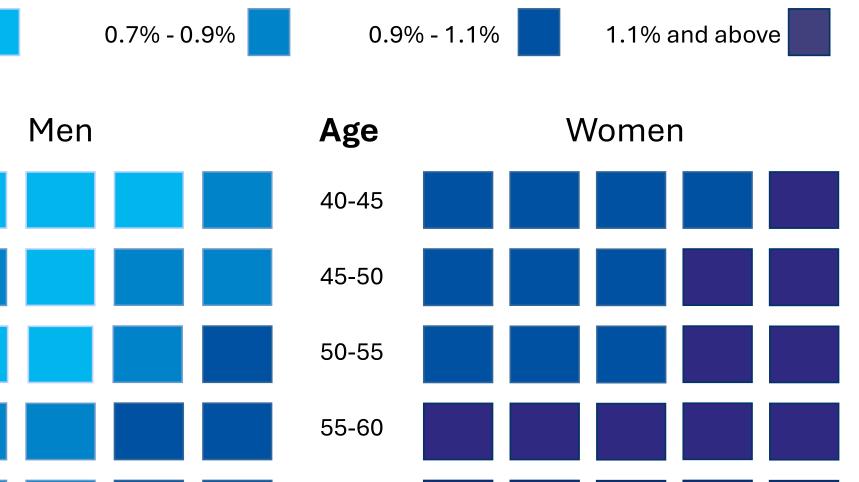
Methods



Results

- Prevalence of high impact chronic pain reduced from 18.0%
 to 17.0% after hypothetical intervention
- Reductions in prevalence varied in different subgroups of the population

Prevalence Reduction



Predict Physical Activity 2 Years Later Regression Model from MUSICIAN Study

Build Regression Model Physical Activity with No Intervention as Predictor of High Impact Chronic Pain Substitute Physical Activity after Intervention Regression Model from Actual Data

Actual High Impact Chronic Pain 10 Years Later Observed Prevalence, 18.0% Predicted High Impact Chronic Pain 10 Years Later Estimated Prevalence, 17.0%

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Conclusions

- A nationwide physical activity intervention could reduce prevalence of high impact chronic pain
- 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