

Key finding

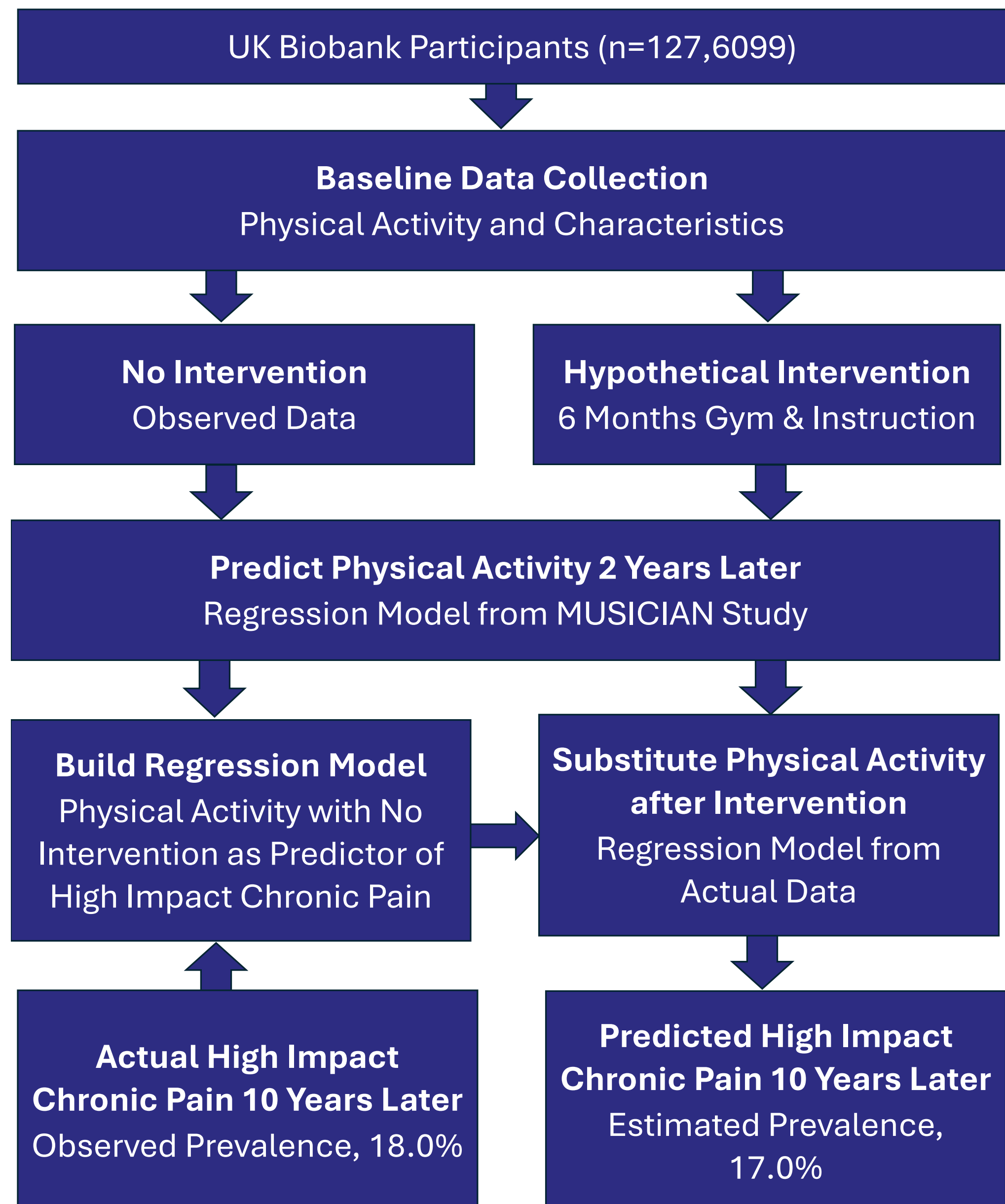
A nationwide physical intervention could reduce the prevalence of high impact chronic pain by up to 1.1%

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

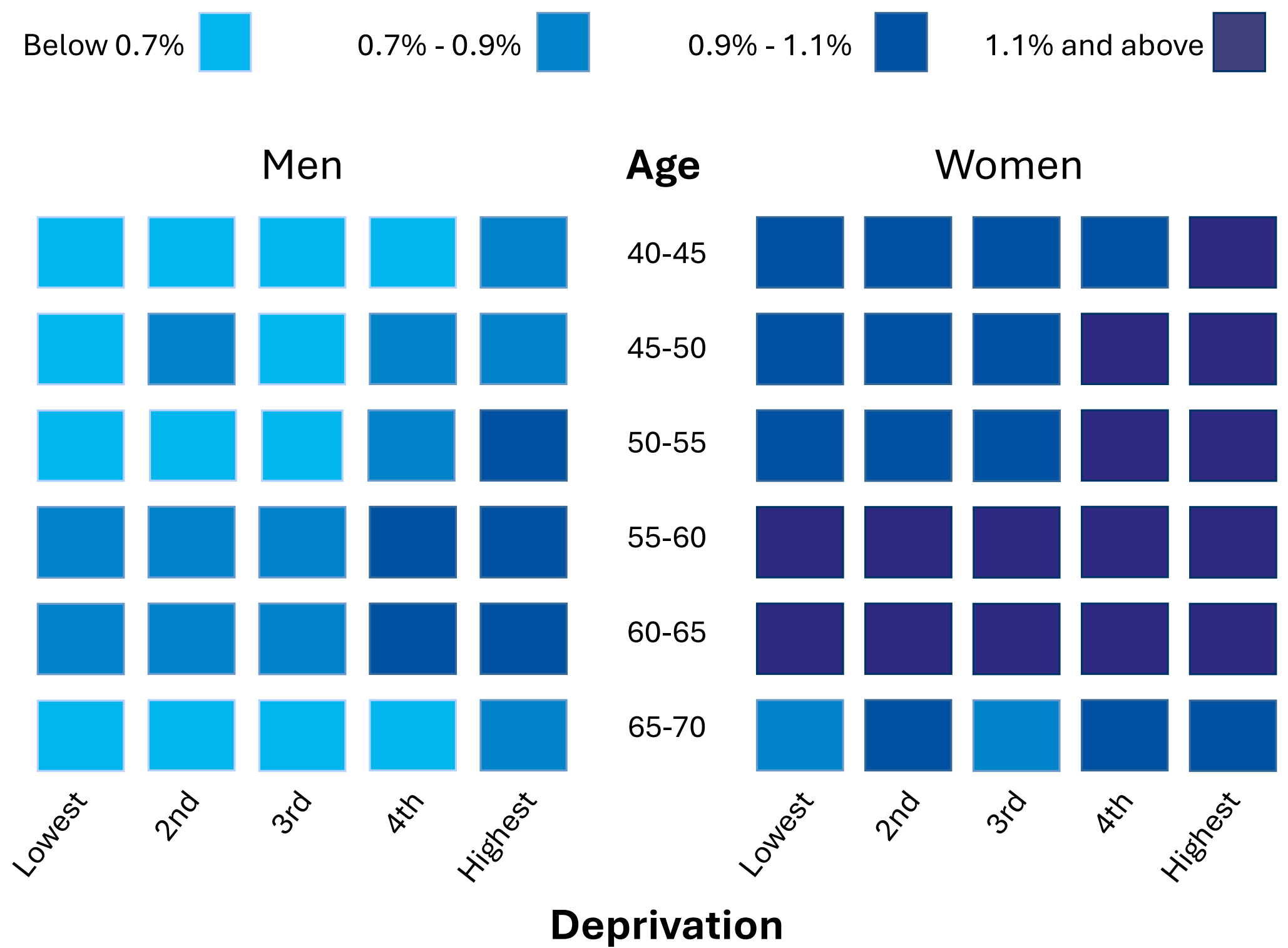
Methods



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



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