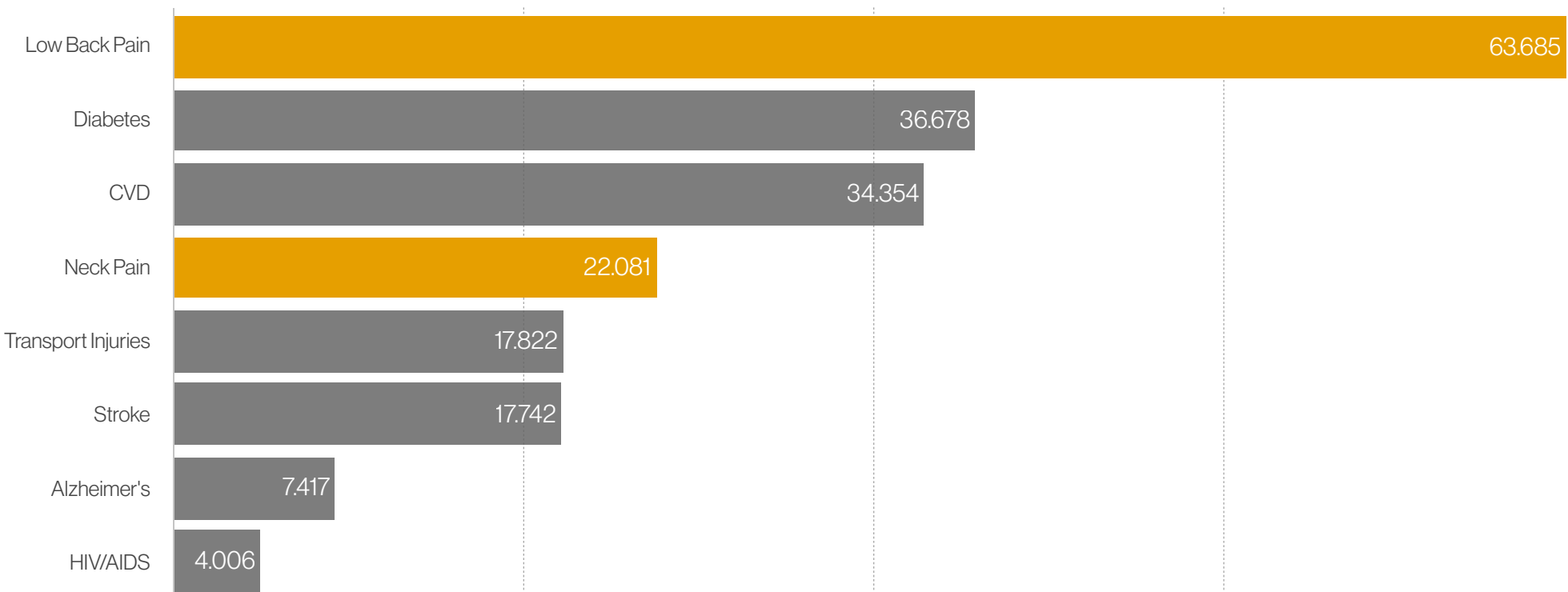


# Low back pain is the leading cause of disability worldwide.

Burden of Disability (millions of YLDs) by Disease

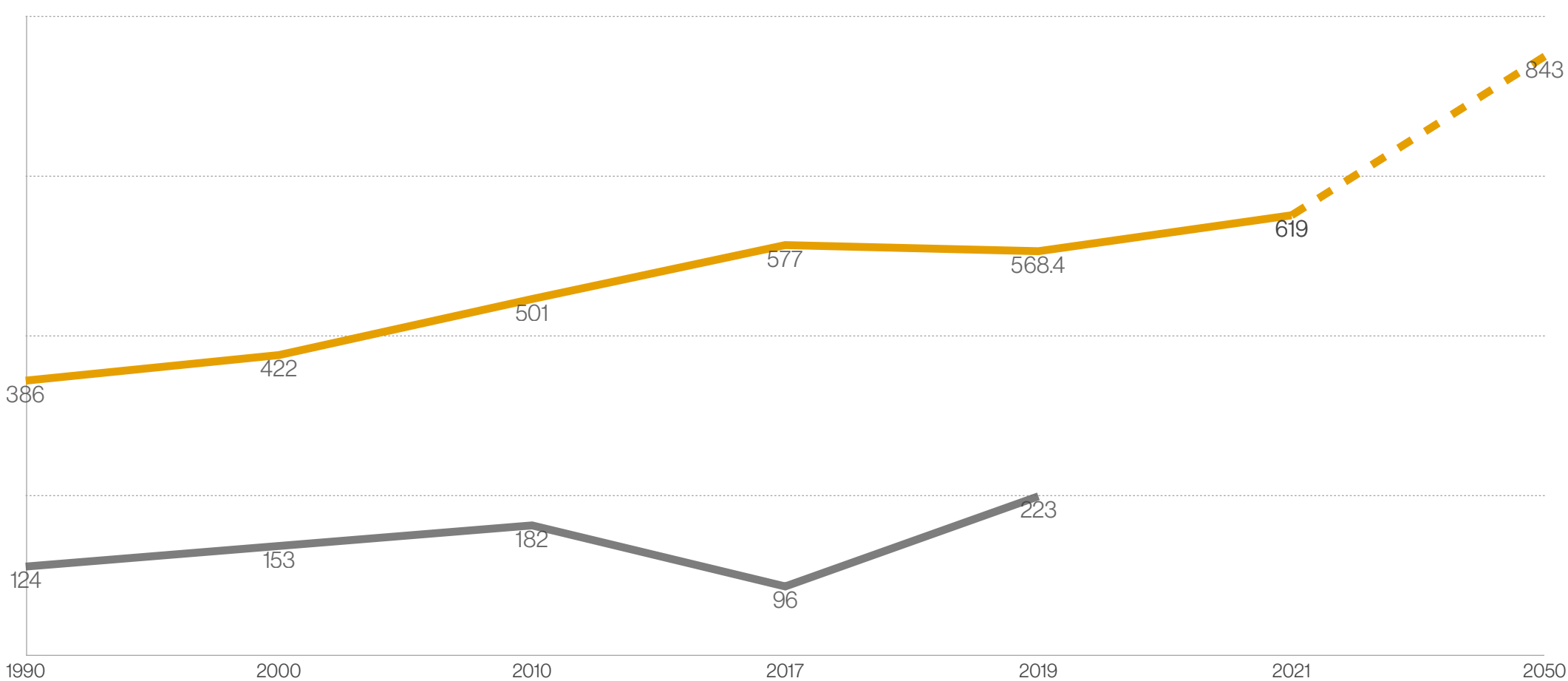


According to the Global Burden of Disease Study 2019, low back pain accounted for 63.7 million Years Lived with Disability (YLDs). This was more than the disability attributed to diabetes, or cardiovascular disease, and greater than transportation injuries, stroke, Alzheimer's, and HIV/AIDS combined. (Chen et al., 2022)

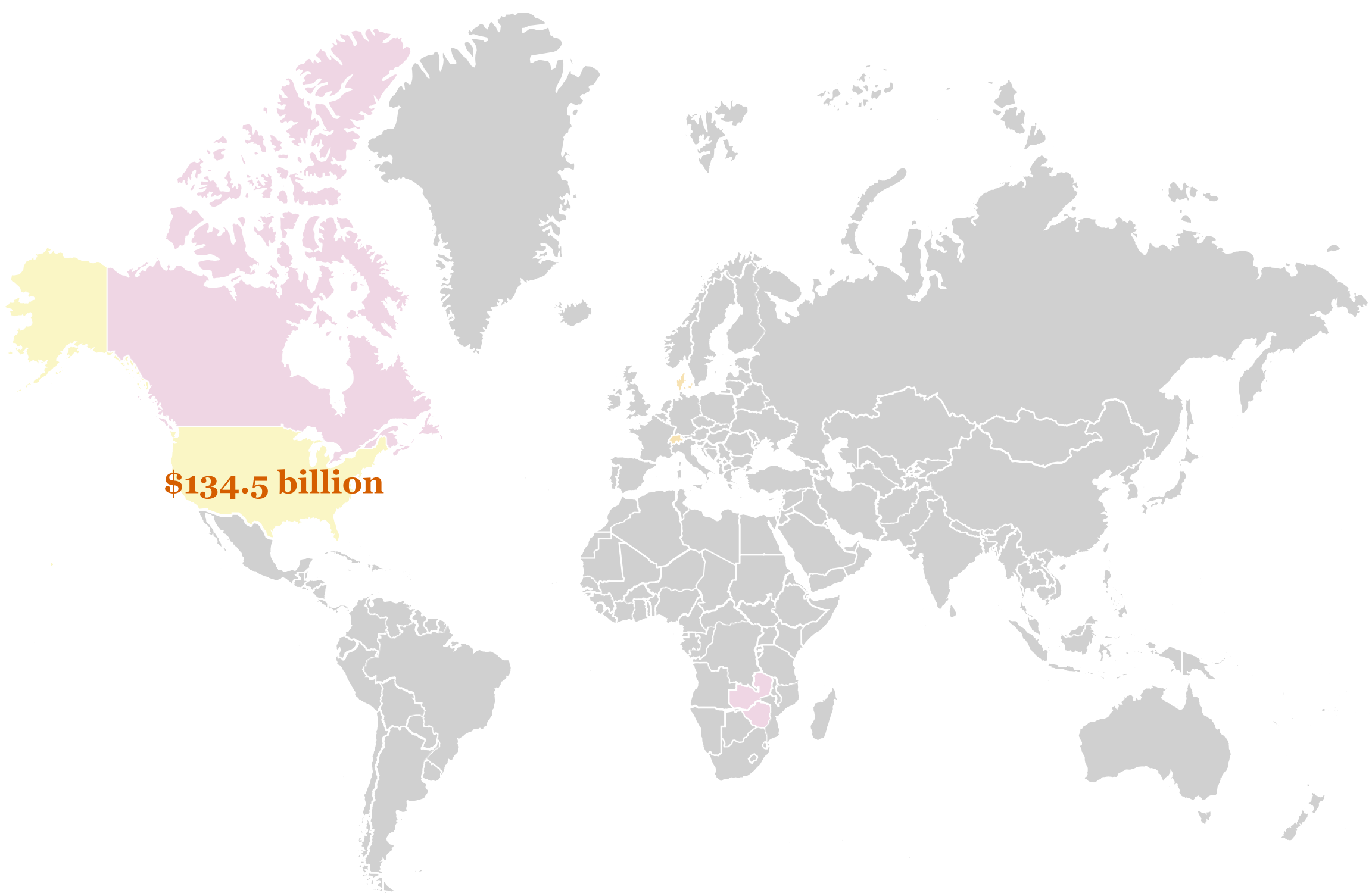


An estimated **619 million people** experience low back pain globally.

Low Back Pain Prevalence (Millions of People) from 1990 to 2050



Over recent decades, the estimated global prevalence of **low back pain** has increased from 386 million people in 1990 to over 577 million people in 2017 (Wu et al., 2020). Analysts project that by 2050 more than 843 million people will be experiencing low back pain (Ferreira et al., 2023). A similar trend can be seen for **neck pain**.



Low back pain affects all countries regardless of socio-economic development. The United States, Denmark, and Switzerland had the highest **prevalence of low back pain** as well as the highest **rates of YLDs**. Zambia, Zimbabwe, and Canada showed the highest **increases in YLDs** and **low back pain incidence rates**. (Chen et al., 2022)

Low back pain has high socioeconomic cost. **Healthcare spending** in the US alone reached \$134.5 billion on the condition in 2016, higher than any other group of conditions (Dieleman et al., 2020). Healthcare spending in low- to middle-income countries may not reach the same amounts, but can cause significant financial strains on a society where appropriate care is often unavailable or overlooked (Sharma & McAuley, 2022).

**Women, elderly, and less educated people are especially vulnerable to low back pain.**



Globally, more women of each age group experience low back pain than men. Women also show higher incidence and YLD rates. For both genders, low back pain is more prevalent with increasing age. Prevalent, incident, and YLD cases peak in the 45-54 years old age group, while rates are highest in 80-84 year olds. (Chen et al., 2022)

**Policymakers, health providers, and governments should increase efforts to educate patients on the risk factors for and prevention of low back pain.**