



## HEALTH AND PRODUCTIVITY IMPACT OF CHRONIC CONDITIONS

# Back Pain

Back pain caused by conditions such as intervertebral disc disorders or ankylosing spondylitis not only degrades the quality of employees' lives — it has business costs for employers and the economy at-large. Findings from IBI's series on the health and productivity impact of chronic conditions\* provide a scalable benchmark of what back pain costs employers, and shows what they stand to gain from helping employees prevent, treat, and manage this condition.

### Back pain is common and costly:



Percentage of a nationally-representative sample of employed U.S. adults had treatments for back pain.



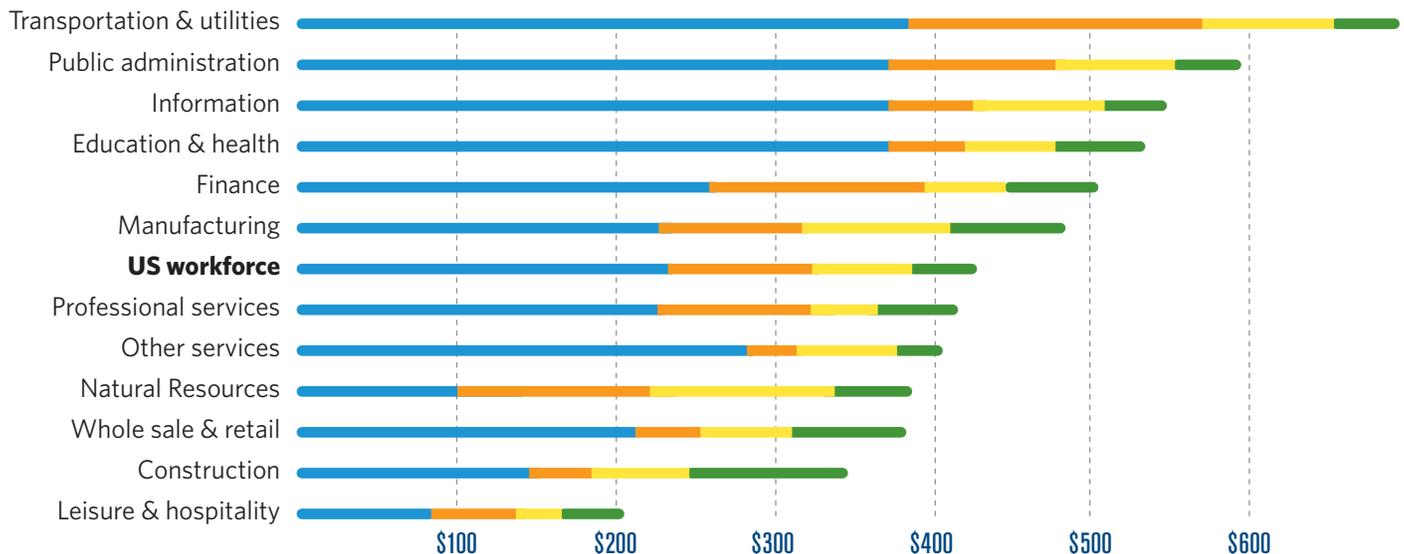
For every 1,000 U.S. employees, back pain in the workforce costs about **\$444,000** in excess health care treatments and lost work time.\*

### Here is how it breaks down by industry:

#### Prevalence of employees with back pain



#### Annual costs of back pain in a 1,000-person workforce



■ Medical and Rx treatments 
 ■ Illness absences 
 ■ Short-term disability claims 
 ■ Long-term disability claims

\*Integrated Benefits Institute, Health and Productivity Impact of Chronic Conditions, Back Pain  
 <<https://ibiweb.org/research-resources/detail/health-and-productivity-impact-of-chronic-conditions-back-pain>>

