

## Data Brief 415. Back, Lower Limb, and Upper Limb Pain Among U.S. Adults, 2019

**Data table for Figure 1. Percentage of adults aged 18 and over with any pain and pain by body region in the past 3 months: United States, 2019**

Pain location	Percent (95% confidence interval)
Any	58.9 (58.1–59.7)
Back	39.0 (38.2–39.7)
Lower limb	36.5 (35.7–37.2)
Upper limb	30.7 (30.0–31.4)
Head	22.4 (21.8–23.0)
Abdomen, genitals, or pelvis	9.8 (9.4–10.2)
Tooth or jaw	9.2 (8.8–9.7)

NOTES: Any pain is based on responses of "some days," "most days," or "every day" to a question asking how often the respondent had pain in the past 3 months. Pain at specific locations is based on responses of "a little," "a lot," or "somewhere between a little and a lot" to a question asking how much pain they had at these locations: 1) back; 2) hands, arms, or shoulders; 3) hips, knees, or feet; 4) headache or migraine; 5) abdomen, genitals, or pelvis; and 6) tooth or jaw. Respondents could indicate pain at more than one location. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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**Data table for Figure 2. Percentage of adults aged 18 and over who had back pain in the past 3 months, by age, sex, race and Hispanic origin, and family income as a percentage of the federal poverty level: United States, 2019**

Characteristic	Percent (95% confidence interval)
Overall . . . . .	39.0 (38.2–39.7)
Age	
18–29. . . . .	28.4 (26.7–30.2)
30–44. . . . .	35.2 (33.9–36.6)
45–64. . . . .	44.3 (43.1–45.6)
65 and over . . . . .	45.6 (44.3–46.9)
Sex	
Men . . . . .	37.2 (36.2–38.3)
Women . . . . .	40.6 (39.6–41.6)
Race and ethnicity	
Hispanic. . . . .	31.2 (29.3–33.1)
Non-Hispanic white . . . . .	42.7 (41.7–43.6)
Non-Hispanic black . . . . .	35.8 (33.8–37.9)
Non-Hispanic Asian . . . . .	24.5 (22.0–27.3)
Poverty status	
Less than 100% FPL . . . . .	44.8 (42.3–47.2)
100%–199% FPL. . . . .	40.6 (38.9–42.4)
200% or more FPL . . . . .	37.6 (36.7–38.4)

NOTES: Back pain is based on responses of "a little," "a lot," or "somewhere between a little and a lot" to a question asking how much pain they had in their back. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. FPL is federal poverty level.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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**Data table for Figure 3. Percentage of adults aged 18 and over with pain in the hips, knees, or feet (lower limbs) in the past 3 months, by age, sex, race and Hispanic origin, and family income as a percentage of the federal poverty level: United States, 2019**

Characteristic	Percent (95% confidence interval)
Overall . . . . .	36.5 (35.7–37.2)
Age	
18–29 . . . . .	21.0 (19.5–22.6)
30–44 . . . . .	28.8 (27.5–30.1)
45–64 . . . . .	43.4 (42.2–44.6)
65 and over . . . . .	50.3 (49.0–51.7)
Sex	
Men . . . . .	33.5 (32.5–34.6)
Women . . . . .	39.2 (38.3–40.2)
Race and ethnicity	
Hispanic . . . . .	27.4 (25.8–29.0)
Non-Hispanic white . . . . .	40.1 (39.2–41.0)
Non-Hispanic black . . . . .	36.6 (34.5–38.7)
Non-Hispanic Asian . . . . .	20.6 (18.1–23.2)
Poverty status	
Less than 100% FPL . . . . .	42.1 (39.7–44.5)
100%–199% FPL . . . . .	37.9 (36.2–39.6)
200% or more FPL . . . . .	35.2 (34.4–36.1)

NOTES: Lower limb pain is based on responses of “a little,” “a lot,” or “somewhere between a little and a lot” to a question asking how much pain they had in their hips, knees, or feet. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. FPL is federal poverty level.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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**Data table for Figure 4. Percentage of adults aged 18 and over with pain in the hands, arms, or shoulders (upper limbs) in the past 3 months, by age, sex, race and Hispanic origin, and family income as a percentage of the federal poverty level: United States, 2019**

Characteristic	Percent (95% confidence interval)
Overall . . . . .	30.7 (30.0–31.4)
Age	
18–29 . . . . .	16.2 (14.9–17.6)
30–44 . . . . .	24.1 (22.9–25.3)
45–64 . . . . .	37.9 (36.7–39.1)
65 and over . . . . .	42.0 (40.7–43.3)
Sex	
Men . . . . .	29.0 (28.1–30.0)
Women . . . . .	32.3 (31.4–33.2)
Race and ethnicity	
Hispanic . . . . .	24.4 (22.7–26.1)
Non-Hispanic white . . . . .	33.4 (32.6–34.3)
Non-Hispanic black . . . . .	28.6 (26.7–30.5)
Non-Hispanic Asian . . . . .	21.0 (18.6–23.7)
Poverty status	
Less than 100% FPL . . . . .	37.1 (34.8–39.5)
100%–199% FPL . . . . .	33.0 (31.3–34.6)
200% or more FPL . . . . .	29.1 (28.4–29.9)

NOTES: Upper limb pain is based on responses of "a little," "a lot," or "somewhere between a little and a lot" to a question asking how much pain they had in their hands, arms, or shoulders. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. FPL is federal poverty level.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.