

## PROFILE OF CHRONIC BACK DISORDERS IN CANADA

Back pain is the leading cause of disability worldwide. In Canada, one in five adults' experiences chronic back pain (CBP). Canadians living in rural and remote regions are nearly 30% more likely to report having CBP than urban dwellers, with Indigenous people reporting disproportionately higher rates. Limited access to appropriate health care is touted as a contributing factor to this higher proportion among those living in rural and remote locations. Treatment of CBP is often limited to publicly funded medical care, when many cases of CBP are best managed through education, exercise, manual treatment, or a combination of (often non-publicly funded) services, like physiotherapy. CBP remains a common and costly public health problem; it is estimated that CBP associated health-care costs reach between \$6 to \$12 billion annually. This negatively impacts individuals and the health system due to high rates of primary physician care visits, specialist consultations, diagnostic procedures, and opioid use. Improving access to non-pharmacological CBP treatment options like physiotherapy care is an especially important public health issue in Canada in the midst of the current opioid crisis. These completed projects examine CBP within various populations in Canada.

### RESEARCH PROJECTS/ PUBLICATIONS UNDER THIS AREA OF FOCUS INCLUDE:

- Bath B, Trask C, McCrosky J, Lawson J. [A biopsychosocial profile of adult Canadians with and without chronic back disorders: A population-based analysis of the 2009-2010 Canadian Community Health Surveys.](#) BioMed Research International, 2014;1-11.
- Bath B, Trask C, McCrosky J, Lawson J. [Demographic and health characteristics of rural and urban dwelling Canadians with chronic back disorders: A population-based comparison.](#) Spine. 2014 Nov 1;39(23):1960-8.
- Trask C, Bath B, McCrosky J, Lawson J. [A Profile of Farmers and Other Employed Canadians with Chronic Back Pain: A Population-Based Analysis of the 2009-2010 Canadian Community Health Surveys.](#) The Journal of Rural Health, 2014;30(3):300-10.

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