

Chronic Disease & Chronic Pain at Work

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Association
chiropratique
canadienne



Canadian
Chiropractic
Association



Musculoskeletal Conditions in Canada





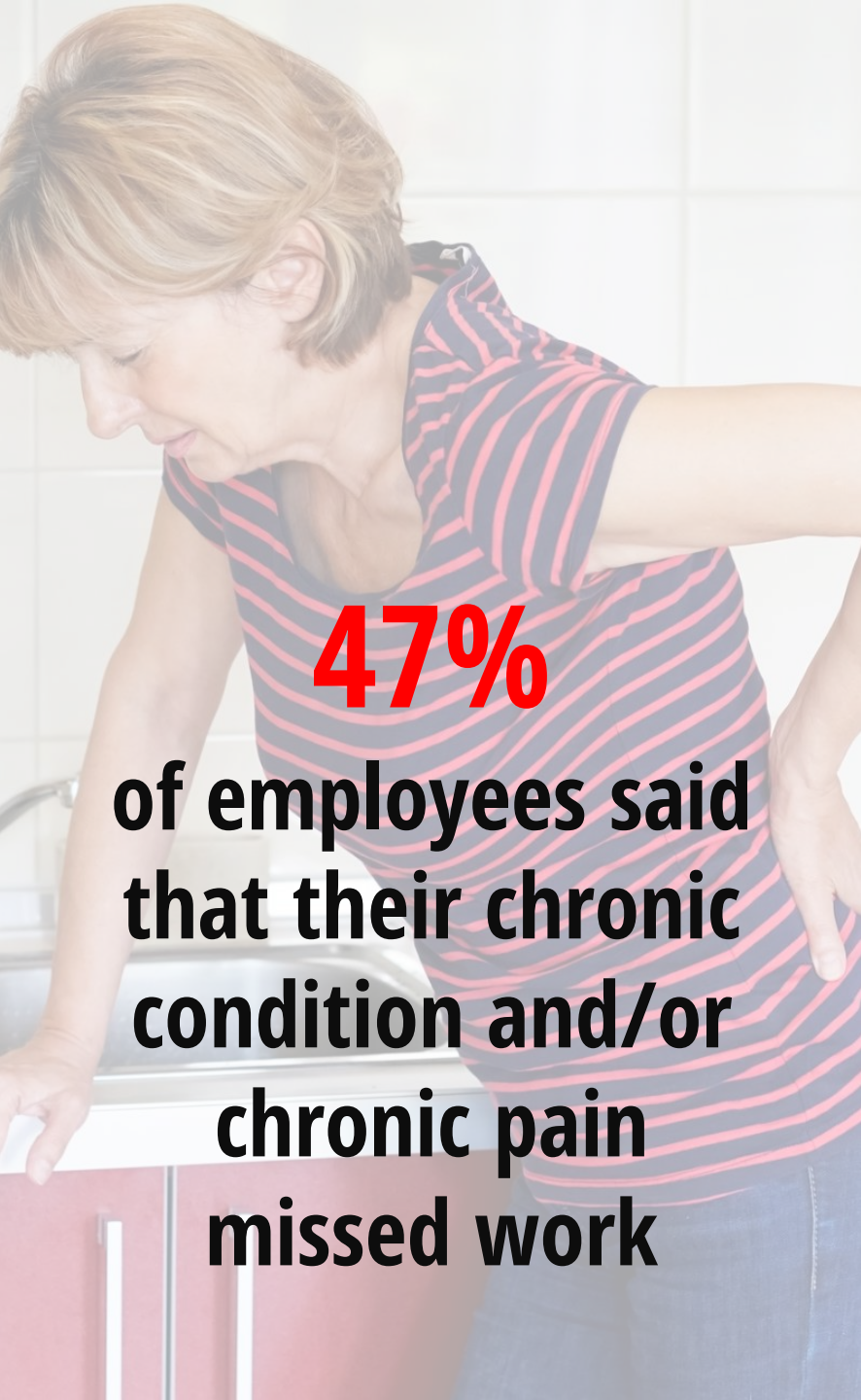
**MSK
Conditions**
are the leading
cause of disability
around the globe



11 million+
Suffer from MSK
conditions every
year



1 in 8
Canadians
diagnosed with
chronic back pain



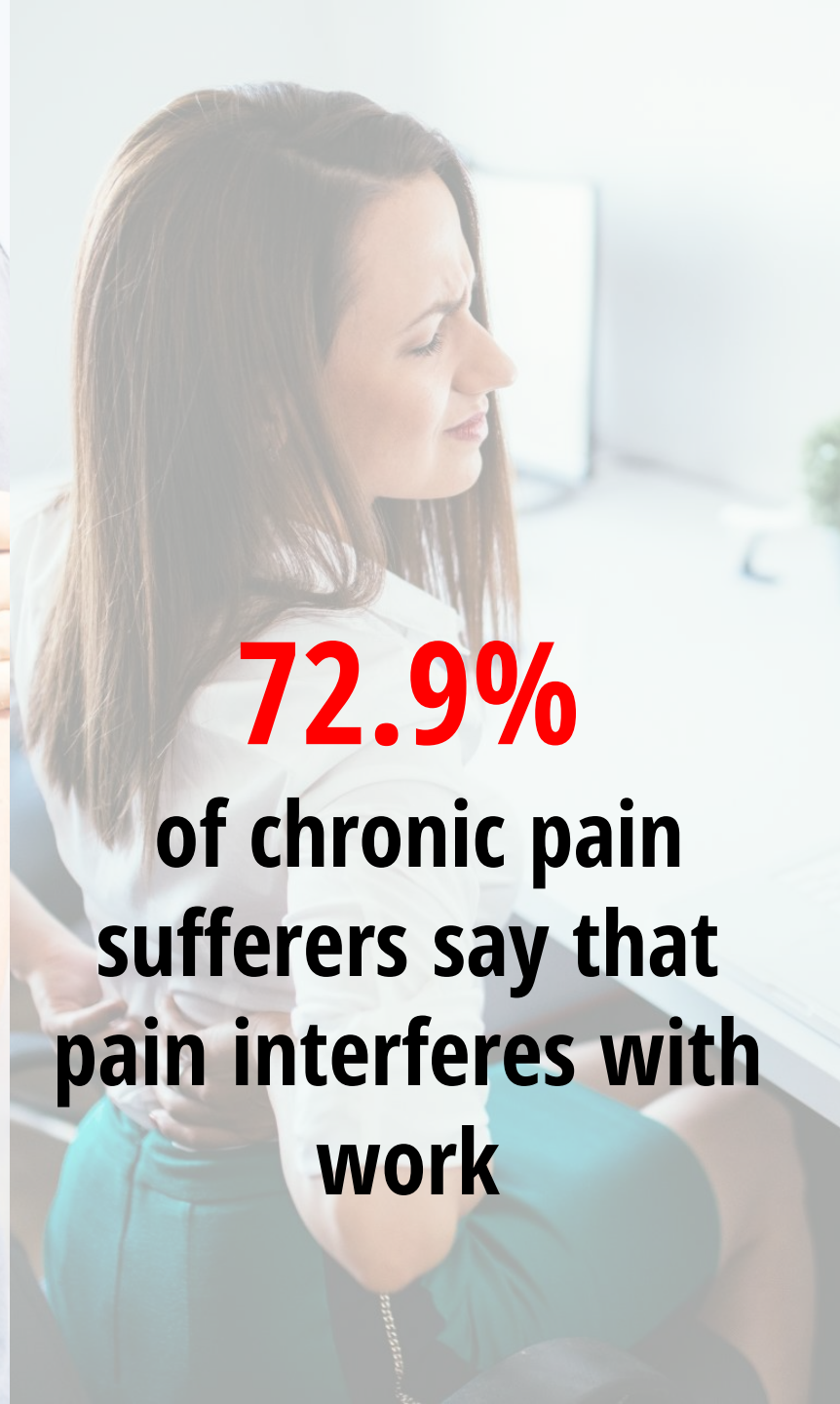
47%

of employees said that their chronic condition and/or chronic pain missed work



85%

of workers will suffer back pain in their lifetime



72.9%

of chronic pain sufferers say that pain interferes with work

Economic Impact of MSK Conditions in Canada



Economic Impact

- **A third of all lost time at work is due to MSK issues.**
- Absenteeism costs Canadian organizations an average of 2.4% of gross payroll.
- **85%** of people with back pain take less than 7 days off, but the remainder – **15%** - are absent for over a month.
- The average rate of absence (FT employees) due to illness or disability is **8.1 days**.



Top 3 drivers for short term disability claims in Canada:



Mental Health



**Musculoskeletal/
back issues**



Accidents

Top 3 drivers for long term disability claims in Canada:



Mental Health



**Musculoskeletal/
back issues**



Cancer

Employers underestimate prevalence of chronic disease

Employers estimated that 34% of their workforce had a chronic condition

Reality,

- Sixty per cent of employees reported having been diagnosed with at least one chronic condition.
- Almost three out of four employees live with a chronic condition and/or chronic pain



The reality of chronic disease and chronic pain

45-48% of members reported chronic pain. Chronic pain is more likely for plan members who:

- have arthritis **(82%)**
- a mental-health condition **(61%)**
- lung disease **(60%)**
- high levels of stress **(59%)**



COVID-19 and chronic Pain

**51% of employers
anticipate MSK health
issues in the year ahead,
due to:**

- **Poor ergonomic workspaces**
- **Declining mental health**
- **Decreased physical fitness**



Paramedical and Chiropractic Care



Role of Chiropractic Care



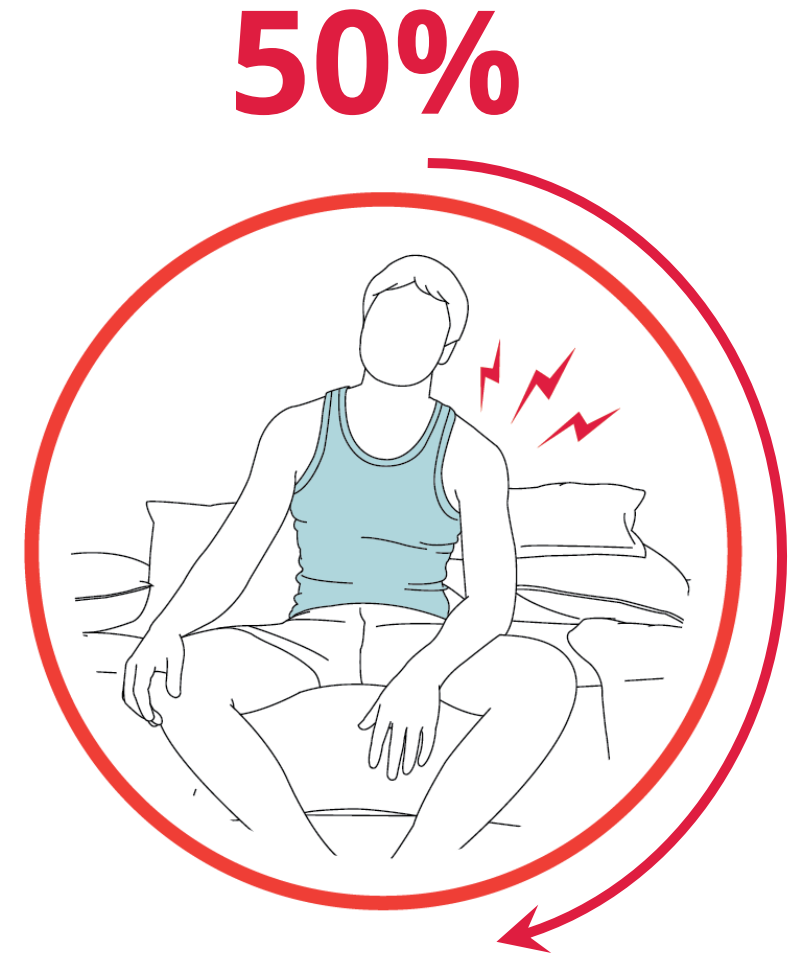
The goals of care are:

- **Pain and symptom management**
- **Improve function**
- **Decrease risk or reoccurrence, chronicity and disability**



Value of Early Intervention

- **Reduce sick leave and lost work productivity** among workers with MSK by more than 50%
- **Reduce the risk of permanent work disability and job loss** by up to 50%
- **Reduce the risk of developing a concurrent conditions** (i.e., depression)



Improving Value

Chiropractic:

- ✓ Lowers short & long term disability risk
- ✓ Increases return to work and productivity
- ✓ Lowers pharmaceutical costs
- ✓ Supports mental health
- ✓ Lowers treatment costs
- ✓ Increases patient satisfaction
- ✓ Encourages patients to manage their health to prevent onset of MSK conditions



Parting Questions

6.7 MILLION
Canadians with
mental illness

2.7 MILLION
Canadians with
diabetes

1.4 MILLION
Canadians with
heart disease



Parting Questions

11 MILLION

Canadians suffer from at least one

MSK

condition each year



6.7 MILLION
Canadians with
mental illness



2.7 MILLION
Canadians with
diabetes



1.4 MILLION
Canadians with
heart disease



You have a Mental Health strategy.

Do you have an MSK strategy and why not?



Opportunity To Build Back Better



Thank You



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