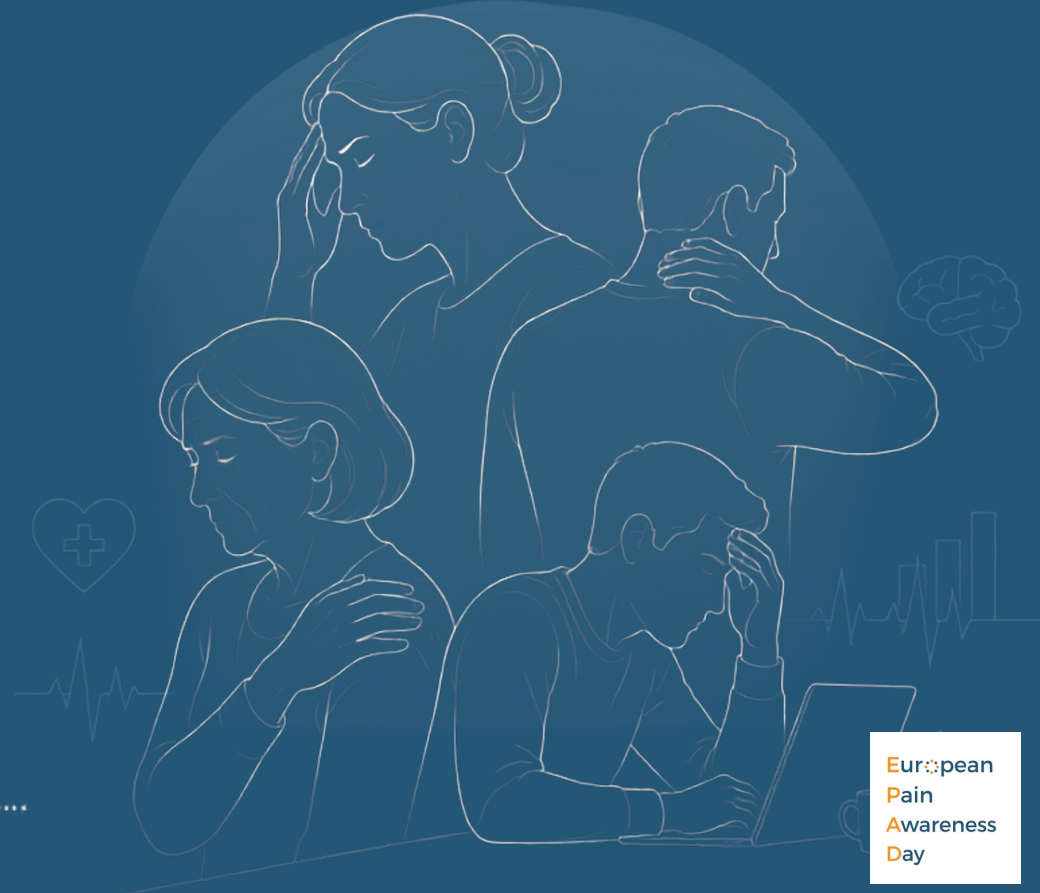




European Pain Awareness Day 2026

THE HIDDEN COST OF PAIN



European
Pain
Awareness
Day

What is **Chronic Pain**?



1 in 5
adults in Europe
lives with **chronic pain**.



Persists longer
than **3 months**



A leading cause
of **disability**



Common chronic pain conditions include:



Low back
pain



Arthritis



Headaches



Neuropathic
pain



Post-surgical
pain

“ Chronic pain is not just a symptom—
it’s a complex health condition in its own right ”

The Hidden Costs of Chronic Pain



150 million

Europeans live
with chronic pain

20% of the adult population



3-10% of GDP
lost annually

through healthcare costs,
absenteeism, presenteeism,
and early retirement



1 in 2 people
say pain affects their
ability to work

severe pain can reduce
the likelihood of full-time
employment by up to
20 percentage points

Pain affects more than health.



Quality of life



Mental
well-being



Work



Education



Social
participation



Other aspects
of life

It affects Europe's economy.



Workforce
participation



Productivity



Healthcare
systems



Economic
growth

Everyone **Has a Role to Play**

Reducing the burden of chronic pain requires action from **all of us**.



PROFESSIONALS

Detect

early signs
of pain and risk

Offer

conservative care and
evidence-based solutions

Educate

patients on coping
and recovery



PATIENTS & THE PUBLIC

Understand

pain and
seek help early

Speak Up

because your
voice shapes policy

Stay Active

and informed



EMPLOYERS & BUSINESS

Create

supportive,
inclusive workplaces

Enable

flexible work and
return-to-work support

Invest

in wellbeing
of your employees



POLICYMAKERS

Fund

prevention, awareness
and research

Include

chronic pain in national
health plans

Support

research and primary
care systems

Taking Actions in **Your Country**

01

RECOGNISE

chronic pain as
a preventable
condition

02

INVEST

in public
campaigns
and workplace
programmes

03

INTEGRATE

pain in your
country's
prevention,
ageing, and
NCD¹ strategies

04

ENHANCE

pain management
through the
adoption of
ICD-11² and digital
pain tools

05

SUPPORT

workplace
participation

06

COLLABORATE

with national
SIP platforms
and pain
organisations

**“ Early action improves outcomes
for individuals and society. ”**

¹ NCDs = non-communicable diseases

² ICD-11 = International Classification of Diseases 11th Revision

Join the Campaign

European Pain Awareness Day 2026

Theme: **The Hidden Cost of Pain**



Learn more

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#EPAD2026



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