

Table 2A.2.4: Healthcare Visits with Diagnoses of Lumbar/Low Back Disorders [1] by Geographic Region, United States 2013

| | Total Discharges/ Visits (in 1,000s) | % of Total by Type [6] | Discharges/Visits (in 1,000s) | | | | % of Total | | | |
|--|---|---------------------------|-------------------------------|---------|----------|----------|------------|---------|-------|------|
| | | | Northeast | Midwest | South | West | Northeast | Midwest | South | West |
| Hospital Discharges [2] | | | | | | | | | | |
| Back Disorders | 1,782.5 | 75% | 312.1 | 445.8 | 666.6 | 357.9 | 18% | 25% | 37% | 20% |
| Disc Disorders | 553.5 | 23% | 86.8 | 127.3 | 227.9 | 111.5 | 16% | 23% | 41% | 20% |
| Back Injury | 192.0 | 8% | 31.2 | 42.9 | 78.3 | 39.6 | 16% | 22% | 41% | 21% |
| All Lumbar/Low Back Pain (6) | 2,363.5 | 107% | 407.3 | 574.8 | 904.6 | 476.8 | 17% | 24% | 38% | 20% |
| Rate Per 100 Patient Visits | 6.6 | | 6.1 | 7.2 | 6.5 | 6.8 | | | | |
| Diagnoses Per 100 U.S. Population [7] | 0.7 | | 0.7 | 0.9 | 0.8 | 0.6 | | | | |
| Emergency Department Visits [3] | | | | | | | | | | |
| Back Disorders | 7,137.1 | 75% | 1,275.3 | 1,626.5 | 3,250.0 | 1,165.2 | 18% | 23% | 46% | 16% |
| Disc Disorders | 690.2 | 7% | 86.5 | 160.3 | 318.5 | 124.8 | 13% | 23% | 46% | 18% |
| Back Injury | 2,159.3 | 23% | 352.2 | 470.3 | 1,018.9 | 317.9 | 16% | 22% | 47% | 15% |
| All Lumbar/Low Back Pain (6) | 9,476.9 | 105% | 1,626.8 | 2,110.6 | 4,205.4 | 1,534.0 | 17% | 22% | 44% | 16% |
| Rate Per 100 Patient Visits | 7.0 | | 6.3 | 6.9 | 7.8 | 6.3 | | | | |
| Diagnoses Per 100 U.S. Population [7] | 3.0 | | 2.9 | 3.1 | 3.6 | 2.1 | | | | |
| Hospital Outpatient Visits [4] | | | | | | | | | | |
| Back Disorders | 3,724.0 | 87% | 1,082.5 | 862.2 | 797.1 | 982.1 | 29% | 23% | 21% | 26% |
| Disc Disorders | 504.5 | 12% | 107.5 | 87.0 | 86.6 | 223.4 | 21% | 17% | 17% | 44% |
| Back Injury | 320.5 | 8% | 13.2 | 61.4 | 79.3 | 166.6 | 4% | 19% | 25% | 52% |
| All Lumbar/Low Back Pain (6) | 4,273.2 | 106% | 1,116.6 | 975.9 | 922.6 | 1,258.1 | 26% | 23% | 22% | 29% |
| Rate Per 100 Patient Visits | 3.4 | | 3.1 | 2.8 | 2.6 | 6.4 | | | | |
| Diagnoses Per 100 U.S. Population [7] | 1.4 | | 2.0 | 1.4 | 0.8 | 1.7 | | | | |
| Physician Office Visits [5] | | | | | | | | | | |
| Back Disorders | 38,207.8 | 84% | 8,036.9 | 6,171.0 | 14,096.9 | 9,902.9 | 21% | 16% | 37% | 26% |
| Disc Disorders | 8,206.5 | 18% | 1,962.7 | 1,388.1 | 3,667.5 | 1,188.1 | 24% | 17% | 45% | 14% |
| Back Injury | 4,493.9 | 10% | 900.4 | 567.5 | 977.4 | 2,048.5 | 20% | 13% | 22% | 46% |
| All Lumbar/Low Back Pain (6) | 45,757.3 | 111% | 9,710.8 | 7,191.1 | 16,679.8 | 12,175.5 | 21% | 16% | 36% | 27% |
| Rate Per 100 Patient Visits | 5.0 | | 4.9 | 4.0 | 5.0 | 5.7 | | | | |
| Diagnoses Per 100 U.S. Population [7] | 14.5 | | 17.4 | 10.6 | 14.1 | 16.4 | | | | |

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|--|---|---------------------------|-------------------------------|---------|----------|----------|------------|---------|-------|------|
| | | | Northeast | Midwest | South | West | Northeast | Midwest | South | West |
| Total Health Care Visits for Lumbar/Low Back Pain, 2013 | | | | | | | | | | |
| Back Disorders | 50,851.4 | 82% | 9,431.5 | 7,479.0 | 15,560.6 | 11,242.9 | 19% | 15% | 31% | 22% |
| Disc Disorders | 9,954.7 | 16% | 2,157.0 | 1,602.4 | 3,982.0 | 1,523.0 | 22% | 16% | 40% | 15% |
| Back Injury | 7,165.7 | 12% | 944.8 | 671.8 | 1,135.0 | 2,254.7 | 13% | 9% | 16% | 31% |
| All Lumbar/Low Back Pain (6) | 61,870.9 | 110% | 11,234.7 | 8,741.8 | 18,507.0 | 13,910.4 | 18% | 14% | 30% | 22% |
| Rate Per 100 Patient Visits | 5.1 | | 4.2 | 4.9 | 4.3 | 5.2 | | | | |
| Diagnoses Per 100 U.S. Population [7] | 19.6 | | 20.1 | 12.9 | 15.6 | 18.7 | | | | |

* Estimate does not meet standards for reliability

[1] Back disorders include inflammatory spine conditions, spondylosis, spinal stenosis, lumbago, sciatica, backache, and disorders of the sacrum (ICD-9-CM codes 720, 721, and 724). Disc disorders include herniation, disc degeneration, and post laminectomy syndromes (ICD-9-CM code 722). Back injuries include fractures, dislocation, and sprains (ICD-9-CM codes 805, 806, 839, 846, and 847). This division, while useful in analyzing the databases, may not always accurately reflect the primary diagnosis. Further, there is some overlap.

[2] Source: HCUP National Inpatient Sample (NIS). Healthcare Cost and Utilization Project (HCUP). 2013. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/nisoverview.jsp

[3] Source: HCUP Nationwide Emergency Department Sample (NEDS). Healthcare Cost and Utilization Project (HCUP). 2013. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/nedsoverview.jsp

[4] Source: National Ambulatory Medical Care Survey (NAMCS), 2013. www.cdc.gov/nchs/ahcd/ahcd_questionnaires.htm January 14, 2016.

[5] Source: National Hospital Ambulatory Medical Care Survey_Outpatient Department (NHAMCS_OP), 2011. www.cdc.gov/nchs/ahcd/ahcd_questionnaires.htm May 23, 2016.

[6] Total visits may be lower than sum of diagnoses due to multiple diagnoses per patient. Visits also do not include those made to other types of medical care providers, such as chiropractic or physical therapy.

[7] Adjusted to 2013 U.S. Census Population Estimates. There is the potential for multiple diagnoses per person which is not accounted for. Source: United States Census Bureau, Population Division. Annual Estimates of the Resident Population: April 1, 2010 to July 1, 2015. American Fact Finder. <http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkm> Accessed July 24, 2016.