

Chronic Pain Report 2025 — Fast Facts for Journalists

One page you can quote from directly. Charts and full press kit available in the Reporter Resource Center.

Publisher: Green Health Docs

Study: Medical Marijuana & Chronic Pain — 2025 patient survey

Population: U.S. adults living with chronic pain (N=1,450)

Updated: October 21, 2025

Topline Takeaways

- **Half live with pain long-term:** **51.5%** report **10+ years** of chronic pain; **39.3%** report **3–10 years**.
- **Daily use is common:** **72.7%** use cannabis **daily** for pain; **15.7%** use it **several times/week**.
- **High perceived effectiveness:** **72.4%** rated cannabis **8–10/10** for pain relief.
- **Opioid-sparing patterns:** After starting cannabis, **35.0%** **stopped all** Rx pain meds; **14.8%** **stopped some**; **11.6%** **reduced dose/frequency**; **18.0%** saw **no change**.
- **Quality of life:** **55.5%** reported **significant** improvement; **30.6%** **moderate** improvement.

Suggested attribution: “Source: Green Health Docs, Medical Marijuana & Chronic Pain — 2025 patient survey (N=1,450).”

By the Numbers

Topic	Finding
Years living with pain	10+ years 51.5% · 3–10 years 39.3% · <3 years 9.2%
Cannabis use for pain	Daily 72.7% · Several times/week 15.7% · <Weekly/other 11.6%
Perceived effectiveness	Rated 8–10/10 72.4%
Pain improvement	Significant 55.5% · Moderate 30.6% · Little/none 13.9%
Rx pain meds after starting cannabis	Stopped all 35.0% · Stopped some 14.8% · Reduced 11.6% · No change 18.0%
Long-term sustainability	Yes 87.8% · Unsure 11.0% · No 1.2%

Notes: Percentages are of respondents and may not sum to 100 due to rounding.

What reporters can say (pre-cleared language)

- **Long-duration burden:** Over half of surveyed patients report living with chronic pain for more than a decade, underscoring the need for sustained, multimodal management.
 - **Daily reliance:** Most respondents use cannabis daily for symptom relief and report high perceived effectiveness.
 - **Medication changes:** Many respondents report reducing or discontinuing prescription pain medications after starting cannabis; some report no change.
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Methodology Snapshot

- **Design:** Cross-sectional online survey of U.S. adults with chronic pain.
- **Fielding:** March–August 2025.

- **Measures:** Pain duration/severity, cannabis use patterns, perceived effectiveness, prescription medication changes, perceived long-term sustainability.
- **Weighting:** Age/sex/region to approximate national distributions.
- **Limitations:** Self-report; potential selection/recall bias; product/dose variability not standardized.

For detail, see the Methodology PDF in the press kit.

Ready-to-use Charts

- [pain-duration.png](#) — Years living with chronic pain
- [cannabis-use-frequency.png](#) — Frequency of cannabis use for pain
- [rx-change.png](#) — Changes in prescription pain-med use after starting cannabis
- [improvement.png](#) — Overall improvement in pain
- [sustainability.png](#) — Long-term sustainability views

Please include a source line when republishing.

Quotes & Contact

“Chronic pain remains a daily reality for many older adults. Our data suggest multimodal care—including non-opioid options—can reduce reliance on opioids while improving quality-of-life outcomes.”

“Access barriers—cost, transportation, and specialist shortages—shape pain care just as much as clinical decisions. Local policy and payer choices matter.”

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