



Food insecurity is associated with chronic pain and prescription opioid use

Men, Fei "Food insecurity is associated with chronic pain and prescription opioid use"
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What the researcher(s) did

The researchers examined whether Canadians aged 12 years and older living in food-insecure households were more likely to experience chronic pain, limit activity due to chronic pain, or use prescription opioids.

What the researcher(s) found

More severe food insecurity was associated with greater likelihood of chronic pain, pain-related activity limitations, and prescription opioid use. Among individuals who used prescription opioids, the food-insecure were more likely to use them daily/almost daily, use more than their prescribed amount, use for non-pain relief reasons, and use opioids not prescribed by doctors.

RDC Datasets used

Canadian Community Health Survey (CCHS) 2015 and 2018

Policy areas this research can inform

- Health

Policy implications of this research

Policies to reduce the prevalence and severity of food insecurity may lower the incidence of chronic pain and use of prescription opioids. Research has repeatedly shown that policy interventions can reduce food insecurity by improving the financial resources of low-income households through enhanced income supports and wages. Because of their impact on food insecurity, these interventions are an important part of promoting health equity, alongside measures that reduce or avoid the harm of high-strength prescription opioids and improve access to mental health supports and alternative pain management.

Read the full article

Men, F., Fischer, B., Urquia, M. L., & Tarasuk, V. (2021). Food insecurity, chronic pain, and use of prescription opioids. *SSM - Population Health*, 14, 100768. doi:10.1016/j.ssmph.2021.100768.

