

National Chiropractic Health Month 2025

WHEREAS, Chronic musculoskeletal pain is a widespread problem in the United States and around the world due to factors such as the aging population, an increase in obesity, and sedentary lifestyles;

WHEREAS, Worldwide, back pain is the single leading cause of disability and historically one of the most common reasons why people are prescribed opioid pain medications;
WHEREAS, The number of people worldwide living with back pain is projected to increase by 36% to more than 800 million over the next 30 years;

WHEREAS, Pain medications have for years been the go-to treatment for musculoskeletal conditions; however, research today shows that opioid pain medications are not a good strategy for managing chronic low back pain long term and many people prefer better, safer options to manage their pain;

WHEREAS, Clinical guidelines from leading healthcare organizations such as the CDC and the American College of Physicians now encourage patients with common musculoskeletal pain to try non-drug treatments first;

WHEREAS, Research studies demonstrate that patients who receive chiropractic services first may be able to significantly reduce or eliminate their reliance on prescription opioids;
WHEREAS, Doctors of chiropractic are experts in musculoskeletal health and offer a variety of non-drug approaches to treat musculoskeletal conditions such as back pain, neck pain, joint pain and tension headaches, along with advice on nutrition, injury prevention, ergonomics, and lifestyle modifications for optimal health and wellness;

WHEREAS, With the theme “Get Started with Chiropractic,” National Chiropractic Health Month 2025 reminds citizens of **[insert name of state/city]** that chiropractors can help them maintain and improve their musculoskeletal health throughout their lifetime and may also help them to reduce their need for prescription pain medications for common musculoskeletal conditions.

THEREFORE, BE IT RESOLVED that the **[state/city]** of **[insert name of city or state]** officially joins with the American Chiropractic Association (ACA) and Texas Chiropractic Association (TCA) in proclaiming the month of October 2025 as National Chiropractic Health Month.

Signature: _____

Date Proclaimed: _____