

National Chiropractic Health Month 2023

WHEREAS, About 20 percent of adults in the United States – one in five – experience chronic pain, which is lasting more than three months;

WHEREAS, New cases of chronic pain occur more frequently among adults than new cases of other common chronic conditions such as diabetes and high blood pressure;

WHEREAS, In the U.S., musculoskeletal conditions – a common cause of chronic pain – result in more than 130 million healthcare visits annually, making them the No. 1 reason people visit their doctors;

WHEREAS, Low back pain, which ranks among the most common forms of chronic pain, has been one of the leading reasons why people are prescribed opioids; and the number of people worldwide living with back pain is projected to increase by 36% to 843 million over the next 30 years;

WHEREAS, According to the Centers of Disease Control and Prevention (CDC), one in four patients who receive prescription opioids long term for non-cancer pain struggle with addiction;

WHEREAS, The American College of Physicians' low-back pain treatment guidelines promote the use of non-invasive, non-drug approaches such as spinal manipulation as a first line of defense against back pain, before the use of pain medications and surgery;

WHEREAS, CDC's 2022 Clinical Practice Guideline for Prescribing Opioids promotes "diverse approaches and varied pain management solutions" and specifically encourages use of non-opioid/non-pharmacological therapies as a first line of treatment against subacute and chronic pain;

WHEREAS, Doctors of chiropractic play a key role in helping patients manage pain and lessen their reliance on prescription pain medications with their evidence-based, patient-centered non-drug approach;

WHEREAS, With the theme "Chiropractic: Relieve, Restore, Resume," National Chiropractic Health Month 2023 reminds citizens of {insert name of state/city} that non-drug treatments for low back, neck, and joint pain, such as spinal manipulation and other chiropractic services, can help relieve pain and restore joint function, helping people to resume their lives and the activities that matter most.

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 2023 as National Chiropractic Health Month.