STATE *of* MINNESOTA

Proclamation

WHEREAS: About 20% of adults in the United States experience chronic pain, which is defined as pain lasting more than three months; and

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; and

WHEREAS: In the U.S., musculoskeletal conditions, a common cause of chronic pain, result in more than 130 million health care visits annually, making them the top reason people visit their doctors; and

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; and

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

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

WHEREAS: Doctor 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; and

WHEREAS: This year's theme "Relieve, Restore, Resume," for Chiropractic Health Month 2023 reminds people of the 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.

NOW, THEREFORE, I, TIM WALZ, Governor of Minnesota, do hereby proclaim October 2023 as:

CHIROPRACTIC HEALTH MONTH

in the State of Minnesota.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 28th day of September.

GOVERNOR

SECRETARY OF STATE