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SENATE JOINT RESOLUTION NO. 50

Offered January 17, 2022

Designating October, in 2022 and in each succeeding year, as Chiropractic Health Month in Virginia.

Patron—Ebbin

Referred to Committee on Rules

WHEREAS, due to advances in technology and transportation, there has been a general increase in sedentary lifestyles, which has been further exacerbated by the effects of the COVID-19 pandemic and the prevalence of remote work, leading to an increase in musculoskeletal conditions such as low back pain and joint pain; and

WHEREAS, the COVID-19 pandemic has also led to an increase in stress and mental health problems nationwide; a survey in March 2021 by the Centers for Disease Control and Prevention found that the prevalence of adults with anxiety or a depressive disorder increased from 36.4 percent to 41.5 percent between August 2020 and February 2021; and

WHEREAS, research shows that physical activity provides several important health benefits, including helping to manage weight, increase bone and muscle strength, lower blood pressure and cholesterol, and decrease risk of heart disease and stroke; and

WHEREAS, research shows that physical activity also provides valuable benefits to mental health by reducing the risk of anxiety and depression and enhancing sleep and quality of life; and

WHEREAS, doctors of chiropractic medicine are physician-level health care providers who focus on the whole person as part of their hands-on, nondrug approach to pain management and health promotion and who have special expertise in the prevention, treatment, and rehabilitation of musculoskeletal conditions that may inhibit movement and physical activity; and

WHEREAS, chiropractors are highly trained in spinal manipulation and are prepared to recommend appropriate therapeutic and rehabilitative exercises and to provide nutritional, dietary, and lifestyle advice to help people enhance their physical fitness and overall wellness; and

WHEREAS, chiropractors are trained to diagnose conditions and to refer patients to other health care providers and specialties when necessary and have been designated as essential health care workers by the U.S. Department of Homeland Security; and

WHEREAS, during Chiropractic Health Month, the American Chiropractic Association joins with practices around the country to encourage the public to learn about the benefits of chiropractic care and promote the physical and mental health benefits of physical activity; and

WHEREAS, Chiropractic Health Month serves as a reminder to all Virginians that doctors of chiropractic health can be key partners in helping them to keep moving by treating pain and improving function with noninvasive, nondrug approaches that are safe and effective; now, therefore, be it

RESOLVED by the Senate, the House of Delegates concurring, That the General Assembly designate October, in 2022 and in each succeeding year, as Chiropractic Health Month in Virginia; and, be it

RESOLVED FURTHER, That the Clerk of the Senate transmit a copy of this resolution to the American Chiropractic Association so that members of the organization may be apprised of the sense of the General Assembly of Virginia in this matter; and, be it

RESOLVED FINALLY, That the Clerk of the Senate post the designation of this month on the General Assembly's website.

INTRODUCED

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