

National Chiropractic Health Month 2021

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

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

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;

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

WHEREAS, Doctors of chiropractic are physician-level healthcare 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,


WHEREAS, In addition to expertise in spinal manipulation, chiropractors are trained to recommend therapeutic and rehabilitative exercises, and to provide nutritional, dietary and lifestyle advice to help people enhance their physical fitness and overall wellness

WHEREAS, Chiropractors, who have been listed as part of the essential healthcare workforce by the U S Department of Homeland Security, are also trained to diagnose conditions and to refer patients to other healthcare providers and specialties when necessary;

WHEREAS, National Chiropractic Health Month 2021 serves as a reminder to all citizens that doctors of chiropractic 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,

THEREFORE, BE IT RESOLVED that the City Council of the City of Lewisville officially joins with the American Chiropractic Association as it promotes the physical and mental health benefits of physical activity with its "Keep Moving!" campaign by proclaiming October 2021 National Chiropractic Health Month

PROCLAIMED this the 4th day of October, 2021



TJ Gilmore, Mayor

City of Lewisville

