

Hidalgo County

Proclamation Declaring October 2023 National Chiropractic Health Month

Whereas about 20 percent of adults in the United States (one in five) experience chronic pain. Chronic pain refers to pain lasting more than three months. 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 healthcare visits annually, making them the number one 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. The number of people worldwide living with back pain is projected to increase to 843 million over the next 30 years, an increase of over 36%; and

Whereas according to the Centers for Disease Control and Prevention (CDC), one in four patients who receive prescription opioids long term for non-cancerous pain struggle with addiction. 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; and

Whereas the 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-pharmalogical therapies as a first line of treatment against subacute and chronic pain; and

Whereas doctors of chiropractic health 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 with this year's theme "Chiropractic: Relieve, Restore, Resume," National Chiropractic Health Month 2023 reminds citizens of Hidalgo County, Texas, 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 participate in the activities that matter most.

Now therefore, be it proclaimed that the Hidalgo County Commissioners Court hereby joins the American Chiropractic Association (ACA) and the Texas Chiropractic Association (TCA) in declaring the month of October 2023 as National Chiropractic Health Month.

Approved this 17th day of October 2023.



Richard F. Cortez

RICHARD F. CORTEZ
County Judge

David L. Fuentes

DAVID L. FUENTES
County Commissioner, Pct. 1

Eduardo "Eddie" Cantu

EDUARDO "EDDIE" CANTU
County Commissioner, Pct. 2

Everardo "Ever" Villarreal

EVERARDO "EVER" VILLARREAL
County Commissioner, Pct. 3

Ellie Torres

ELLIE TORRES
County Commissioner, Pct. 4

Arturo Guajardo, Jr.

Attest: ARTURO GUAJARDO, JR.
County Clerk

