

HOUSE JOINT RESOLUTION

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WHEREAS, The improper use of backpacks has a destructive impact on the posture and spinal health of children; and

WHEREAS, 55% of students carry more than the recommended national guidelines or 10.15% of body weight; and 66% of school nurses report seeing students with pain or injury attributed to carrying backpacks; and

WHEREAS, Up to 60% of children will experience back pain by the time they reach 18 years of age; and

WHEREAS, The American Academy of Orthopedics stated that backpack injury is a significant problem for children with 58% having seen patients complaining of back pain related to backpacks; and

WHEREAS, Doctors of Chiropractic are the health professionals best qualified to detect and correct the structural distortions caused by improper backpack use; and

WHEREAS, The Congress of Chiropractic State Associations has designed a National Backpack Safety program to educate school nurses, teachers, parents, school administrators, healthcare providers and students about backpack injury and ways to prevent it; therefore, be it

RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE NINETY-THIRD GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, THE SENATE CONCURRING HEREIN, that we designate the month of April in 2003 and in each succeeding year as Backpack Safety Month in the State of Illinois; and be it further

RESOLVED, That the General Assembly urge the schools in the State of Illinois to participate in programs offered to them during Backpack Safety Month to educate youth about the risk of spinal injury caused by improper backpack use and

1 design; and be it further

2 RESOLVED, That a copy of this resolution be sent to the

3 State Board of Education.