

# STATE OF NORTH DAKOTA

## PROCLAMATION

### CHIROPRACTIC HEALTH MONTH OCTOBER 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; and research also shows that physical activity provides valuable benefits to our mental health by reducing the risk of anxiety and depression and enhancing sleep and quality of life; and

WHEREAS, there has been a general increase in the prevalence of sedentary lifestyles over the years due to advances in technology and transportation, leading to an increase in musculoskeletal conditions such as low back pain and joint pain; and the COVID-19 pandemic has contributed to an increase in stress and mental health problems nationwide; and

WHEREAS, doctors of chiropractic 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

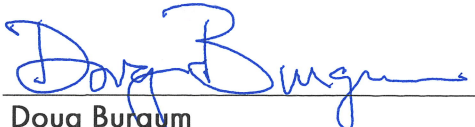
WHEREAS, in addition to expertise in spinal manipulation, chiropractors are trained to recommend therapeutic and rehabilitative exercises, and to provide nutritional, dietary and lifestyle advice to help people enhance their physical fitness and overall wellness; and

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

WHEREAS, National Chiropractic Health Month 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.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim  
October 2021, CHIROPRACTIC HEALTH MONTH in the State of North Dakota.



  
Doug Burgum  
GOVERNOR

ATTEST:   
Alvin A. Jaeger  
SECRETARY OF STATE