



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, chronic musculoskeletal pain is a prevalent issue in the United States and globally, exacerbated by factors such as an aging population, rising obesity rates, and increasingly sedentary lifestyles; and

WHEREAS, back pain stands as the leading cause of disability worldwide and has historically been one of the primary reasons for prescribing opioid pain medications; and

WHEREAS, projections indicate that the number of individuals suffering from back pain will rise by 36%, reaching over 800 million within the next 30 years; and

WHEREAS, while pain medications have traditionally been the standard treatment for musculoskeletal conditions, current research indicates that long-term reliance on opioid pain medications is not an effective strategy for managing chronic low back pain, prompting many individuals to seek safer, more effective alternatives; and

WHEREAS, clinical guidelines from esteemed healthcare organizations, including the CDC and the American College of Physicians, now recommend non-drug treatments as the first-line approach for patients experiencing common musculoskeletal pain; and

WHEREAS, studies show that patients who consult chiropractic services early on can significantly reduce or even eliminate their dependence on prescription opioids; and

WHEREAS, doctors of chiropractic care are experts in musculoskeletal health, providing a range of non-drug treatments for conditions such as back pain, neck pain, joint pain, and tension headaches, along with valuable guidance on nutrition, injury prevention, ergonomics, and lifestyle modifications to promote optimal health and wellness; and

WHEREAS, under the theme "Get Started with Chiropractic," National Chiropractic Health Month 2025 serves as a reminder to the citizens of New Mexico that chiropractic physicians can assist in maintaining and enhancing their musculoskeletal health throughout their lives, potentially reducing the need for prescription pain medications for common musculoskeletal conditions; and

WHEREAS, New Mexico is home to a vibrant community of chiropractic practitioners who are dedicated to empowering residents to lead healthier, pain-free lives.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim October 2025, as:

"National Chiropractic Health Month"

throughout the state of New Mexico.

Attest:

Maggie Toulouse Oliver
Maggie Toulouse Oliver
Secretary of State



Done at the Executive Office this
4th day of September 2025.

Witness my hand and the Great Seal
of the State of New Mexico.

Michelle Lujan Grisham
Michelle Lujan Grisham
Governor