Points from the heavy backpack video your child viewed today:

Research shows that children carrying more than 10% of their body weight is damaging to their spinal and postural health. Just because you can’t see the internal damage, doesn’t mean it isn’t happening! Have you ever wondered how this is affecting my child?

1. WHO, NIH and many other prominent health research programs across the globe recently released their findings in the Global Burden of Disease 2010 Project, which listed musculoskeletal issues (meaning back pain) as the second leading cause of disability worldwide!

2. The "Spain" study, which was released April 2012, was listed in the *Archives of Childhood Diseases*. This study showed that many teens carry school backpacks that exceed 10 percent to 15 percent of their body weight, which puts them at risk for back pain and related disorders (scoliosis).

3. The 2010 MRI study was the first of its kind and was done by an Orthopedist. It showed damage to the spine, mainly in scoliosis, herniated discs and decreased vertebral disc height, significantly advanced as backpack weight was incrementally increased.

4. Research and studies dating back to the early 1990’s show significant damaging changes in posture, blood flow, head carriage and gait in addition to increased pain.

5. For every 1 inch the head is carried in front of the spine (anterior head carriage), the head weighs 10 more pounds. Studies have shown significant changes in anterio r head carriage with heavy backpacks. This not only can cause stress/pain in the neck and shoulders, but because of the altered overall posture, the whole spine, joints, tendons and muscles can be affected.

6. School age children’s spines are still growing and substantial changes at this point in their growth could cause irreparable damage.

7. If our children are focusing on pain, they are not able to focus on their school work and learning.

8. Any change in the environment of the nervous system, whether through tightening of the muscles, vascular changes or spinal deviations from the norm, can cause short and long term effects for the health of an individual.

**Most of these findings are PREVENTABLE, if caught early!! So, what can you do to help?**

Watch the video at www.bacsupport.com

Make sure your child's backpack is worn correctly and weighs no more than 10% of their body weight.

Get your child under Chiropractic care. Chiropractors are Doctors specially trained to detect and correct spinal and postural changes early, before damage becomes harder to reverse.
SJR8
181604-2
By Senators Dial and Whatley
RFD: Rules
First Read: 07-FEB-17
ENROLLED, SJR8,

URGING ALL SCHOOL ADMINISTRATORS, TEACHERS, PARENTS, AND STUDENTS TO BE EDUCATED ABOUT THE POTENTIAL HEALTH IMPACT OF HEAVY BACKPACKS AND TO TAKE PROACTIVE MEASURES TO AVOID INJURY.

WHEREAS, overloaded school backpacks are causing an increasing problem of back pain and spinal strain for students across the nation; and

WHEREAS, because spinal ligaments and muscles are not fully developed until after age 16, overweight backpacks are a source of repeated low-level stress that may result in chronic neck, shoulder, or back pain in children; and

WHEREAS, according to the U.S. Consumer Product Safety Commission, more than 7,000 emergency room visits each year are due to backpack-related injuries and, in 2010 alone, physicians' offices, clinics, and hospital emergency rooms treated nearly 28,000 strains, sprains, dislocations, and fractures from backpacks; and

WHEREAS, studies have shown that heavy loads carried on the back have the potential to damage the soft tissues of
the shoulder, causing microstructural damage to the nerves and
damage to internal organs; and

WHEREAS, studies have shown an increase in
curvatures of the spine and compressed intervertebral height
when backpacks exceed 10 percent of a child's body weight; and

WHEREAS, the Global Burden of Disease Study of 2010
showed back pain as the number one cause of disability
worldwide and musculoskeletal disorders as the second cause;
and

WHEREAS, children's textbooks are much heavier now
than many years ago, and in addition to textbooks, students
often carry computers, cell phones, water bottles, running
shoes, band instruments, and other equipment considered
essential to have readily available; and

WHEREAS, more than 90 percent of students carry
backpacks, which in studies have been found to weigh as much
as 25 percent of the child's body weight; and

WHEREAS, backpacks are often not worn correctly,
often slung over one shoulder or allowed to hang significantly
below the waistline, increasing the weight on the shoulders
and making the child lean forward when walking or stoop
forward when standing to compensate for the weight; now
therefore,

BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH
HOUSES THEREOF CONCURRING, That we strongly recommend that all
school administrators, teachers, parents, and students be educated about the potential health impact of heavy backpacks and take proactive measures to avoid injury.

BE IT FURTHER RESOLVED, That schools should work with their parent teacher organizations to assess the extent to which students use overweight backpacks and to promote innovative homework strategies, lessening the need to take all school materials and books back and forth each day.

BE IT FURTHER RESOLVED, That schools should consider the following points when developing their backpack education talking points:

(1) Backpacks should weigh no more than a maximum of 10 percent of a child's body weight.

(2) Encourage ergonomic backpacks with individualized compartments to efficiently hold books and equipment.

(3) Encourage children to wear both shoulder straps and not sling the backpack over one shoulder.

(4) Encourage wide, padded adjustable straps that fit a child's body.

(5) Encourage the heaviest books be left at school and handouts or workbooks be used for homework assignments.

(6) Schools should consider moving toward e-textbooks as federal and state funding becomes available.
(7) Schools should consider integrated education about backpacks by using a hanging scale in the classroom, allowing students to weigh their backpack and enter the results into a graph that would track the weights, and then look at the data to determine what may be done to lighten loads.

BE IT FURTHER RESOLVED, That an appropriate copy of this resolution be prepared and presented to the State Superintendent of Education and the members of the State Board of Education.
SJR8

3 Kay Ivey
President and Presiding Officer of the Senate

Mac McLemore
Speaker of the House of Representatives

SJR8
Senate 09-FEB-17
I hereby certify that the within Senate Joint Resolution originated in and was adopted by the Senate.

Patrick Harris
Secretary

House of Representatives
Adopted: 21-FEB-17

By: Senator Dial

APPROVED 2-28-2017
TIME 9:30 AM

Alabama Secretary Of State
Act Num....: 2017-19
Bill Num....: SJR-8
Recvd 02/28/17 02:10pmSLF
REPORT OF RULES COMMITTEE

This resolution having been referred by the House to its standing committee on ______ RULES ______ was acted upon by such committee in session, and returned therewith to the House with the recommendation that it be adopted.

___________________________ Chairman