

**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 anterior 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](http://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.

ACT #2017-19

1 SJR8  
2 181604-2  
3 By Senators Dial and Whatley  
4 RFD: Rules  
5 First Read: 07-FEB-17



1 SJR8

2  
3  
4 ENROLLED, SJR8,

5 URGING ALL SCHOOL ADMINISTRATORS, TEACHERS, PARENTS,  
6 AND STUDENTS TO BE EDUCATED ABOUT THE POTENTIAL HEALTH IMPACT  
7 OF HEAVY BACKPACKS AND TO TAKE PROACTIVE MEASURES TO AVOID  
8 INJURY.  
9

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

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

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

23 WHEREAS, studies have shown that heavy loads carried  
24 on the back have the potential to damage the soft tissues of

1 the shoulder, causing microstructural damage to the nerves and  
2 damage to internal organs; and

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

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

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

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

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

24 BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH  
25 HOUSES THEREOF CONCURRING, That we strongly recommend that all

1 school administrators, teachers, parents, and students be  
2 educated about the potential health impact of heavy backpacks  
3 and take proactive measures to avoid injury.

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

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

12 (1) Backpacks should weigh no more than a maximum of  
13 10 percent of a child's body weight.

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

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

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

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

23 (6) Schools should consider moving toward  
24 e-textbooks as federal and state funding becomes available.

1                   (7) Schools should consider integrated education  
2 about backpacks by using a hanging scale in the classroom,  
3 allowing students to weigh their backpack and enter the  
4 results into a graph that would track the weights, and then  
5 look at the data to determine what may be done to lighten  
6 loads.

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



*Ray Ivey*

President and Presiding Officer of the Senate

*Mac McCutchan*

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

*Robert Bentley*  
**GOVERNOR**

Alabama Secretary Of State

Act Num.....: 2017-19  
Bill Num....: SJR-8

Recv'd 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 therefrom to the House with  
the recommendation that it be adopted.

 Chairman