Mrs. KELLY. Mr. Speaker, this past Sunday was the first day of “Back to Health Month,” a national campaign created to increase awareness of back pain as well as possible causes and prevention. Sponsored by the North American Spine Society, this month is designed to educate Americans about their spine and how they can prevent common back injuries.

The facts of back pain speak for themselves. Did you know that at some point in their lives, more than 80 percent of American adults will experience back pain? Or, that 1 out of 14 adults will visit a physician this year due to back or neck pain, and that back pain is the second most common reason people visit a physician? These statistics demonstrate how important it is to raise awareness about this health problem that affects too many Americans.

One famous American who suffers from back pain is 1993 Major League Baseball Hall of Fame inductee, Reggie Jackson. Jackson was a two-time World Series MVP and Major League Player of the Year in 1973. During his legendary career, Jackson was named to the Major League All-Star team fourteen times. However, last July, like so many other Americans, following a spine injury, Jackson underwent emergency spine surgery and has been undergoing spine rehabilitation ever since.

Another highlight of “Back to Health Month” is an event to distribute information about back pain, “Back to Health Day” on Capitol Hill will be held on April 24th, in the Rayburn Gold Room. “Back to Health Day” will provide an array of educational materials, including guidelines to a healthy back, exercises to strengthen your back, and how to prevent back pain. In addition, representatives from the North American Spine Society will be on hand to discuss commonly asked questions about back pain, causes and prevention. I encourage my colleagues to join us for “Back to Health Day” as we learn the most effective ways to prevent and alleviate back pain.

I commend the North American Spine Society for organizing “Back to Health Month” and for their commitment to ensuring that Americans learn to keep their backs healthy.