



## **BREAKING NEWS:**

# **WORLD SPINE DAY 2022 THEME ANNOUNCED!**

**#EVERYSPINECOUNTS** has been announced as the theme of 2022's World Spine Day campaign.

The theme emphasizes the diversity of spinal pain and disability as part of the global burden of disease and addresses the need for access to quality essential spinal health services worldwide. With an estimated 540 million people in the world suffering with low back pain at any one time, it remains the leading cause of years lived with disability.

This World Spine Day, we are calling for action to focus on the global burden of spinal disorders while emphasizing **#EVERYSPINECOUNTS**, highlighting the diverse challenges of living with low back pain in all regions, cultures, backgrounds, and across the life course; prioritizing a condition that is more prevalent than cancer, stroke, heart disease, diabetes and Alzheimer's Disease combined.

The campaign calls for greater global commitment to tackling spinal pain and disability by governments, communities, and public health bodies.

World Spine Day also recognizes the lack of access to quality spine care and rehabilitation in under-served communities, which results in chronicity and permanent deformity. For many populations, spinal pain and disability is not just a minor inconvenience - it can mean not being able to work and provide food and sustenance.

**#EVERYSPINECOUNTS** will focus on highlighting ways in which all people can help their spines by staying mobile, avoiding physical inactivity, not overloading their spines, and adopting healthy habits such as weight loss and smoking cessation.

Believed to be the largest global public health event dedicated to promoting spinal health and well-being, World Spine Day is observed by health professions and public organizations concerned with spine care throughout the world.

**#EVERYSPINECOUNTS** will focus attention on the diverse nature of spinal pain and disability at home, in the workplace, in schools and in our communities.

World Spine Day organizing committee Chair, Richard Brown, said, "Public health initiatives like World Spine Day are critical in raising awareness, providing information and empowering the public to care for their spines. We call on all spine care professionals to actively engage and make World Spine Day 2022 the most successful yet!"

For spine health experts, World Spine Day provides a perfect opportunity to meaningfully contribute and proactively participate in their communities.

We call on all spine health professionals worldwide to get involved in World Spine Day 2022's **#EVERYSPINECOUNTS** campaign.

The World Spine Day organizing team are producing materials to support local initiatives around the world. To find out more, go to [www.worldspineday.org](http://www.worldspineday.org).