



## 'SUPPORT YOUR SPINE' ANNOUNCED AS 2024 WORLD SPINE DAY THEME

*Toronto, March 20, 2024.* October 16th marks World Spine Day, an annual event recognized as the largest public health initiative dedicated to raising awareness about the global burden of spinal pain and disability.

World Spine Day brings together individuals from various backgrounds, including health professionals, exercise and rehabilitation experts, public health advocates, schoolchildren, governments and the wider public. This celebration extends across all continents and emphasizes the universal significance of spinal health.

### **"SUPPORT YOUR SPINE" HAS BEEN ANNOUNCED AS THE THEME FOR WORLD SPINE DAY 2024**

The 2024 initiative urges individuals to spread awareness about the worldwide impact of spinal pain and disability. It aims to empower people of all ages, across all nations to adopt evidence-based strategies for maintaining spinal health under the slogan "Support Your Spine." The campaign will feature a distinctive two-toned blue and green ribbon, with further details available on the website.

An estimated one billion people suffer from spinal pain<sup>1</sup> with 540 million people at any one time<sup>2</sup>. Low back pain is the single leading cause of years lived with disability worldwide with neck pain ranking fourth<sup>3</sup>. Experts estimate that as many as 4 out of 5 adults will experience a back problem at some time in their lives<sup>4</sup>.

In numerous low and middle-income countries, conventional healthcare resources and dedicated spinal health professionals are often inaccessible. Consequently, it is essential to prioritize empowering populations and communities to



self-manage their conditions. Moreover, the impact of back pain on industries and economies is substantial, even in high-income countries, underscoring the critical importance of effective management and prevention measures.

World Spine Day emphasizes the critical importance of global efforts to address spinal pain and disability by urging governments, communities, and public health bodies to take action. For experts in spinal health, this occasion presents an excellent opportunity to actively participate in their communities and make meaningful contributions.

"Support Your Spine" is a call to action for individuals to prioritize spinal health across all aspects of life. Whether at home, in the workplace, schools, or within our communities, fostering healthy habits is essential to support the spine throughout the various stages of life. It is imperative for people of all backgrounds to recognize the importance of staying mobile, avoiding prolonged periods of physical inactivity and refraining from overloading their spines with excessive weight or strain. Additionally, adopting healthy lifestyle choices such as weight loss and smoking cessation can significantly contribute to spinal well-being.

# 'SUPPORT YOUR SPINE' ANNOUNCED AS 2024 WORLD SPINE DAY THEME

World Spine Day Global Executive Committee Co-Chair & Project Lead, Dr. Rebekah Wilks said "The World Spine Day public health initiative presents a platform for collective action in addressing global concerns surrounding spinal pain and disability. Our objective is to empower individuals to champion prevention efforts and implement robust management strategies for spinal conditions and spinal health promotion."

We call on everyone worldwide to get involved in World Spine Day 2024's "Support Your Spine" campaign.

To find out more, go to [www.worldspineday.org](http://www.worldspineday.org)

[Facebook](#)

[Instagram,Threads](#)

and [X](#).

## References:

[1] Hurwitz, E.L., Randhawa, K., Yu, H. et al. The Global Spine Care Initiative: a summary of the global burden of low back and neck pain studies. *Eur Spine J* 27 (Suppl 6), 796–801 (2018). <https://doi.org/10.1007/s00586-017-5432-9>

[2] Hartvigsen J, Hancock MJ, Kongsted A, et al.. What low back pain is and why we need to pay attention. *Lancet* 2018;391:2356–67. [10.1016/S0140-6736\(18\)30480-X](https://doi.org/10.1016/S0140-6736(18)30480-X)

[3] GBD 2021 Low Back Pain Collaborators. Global, regional, and national burden of low back pain, 1990–2020, its attributable risk factors, and projections to 2050: a systematic analysis of the Global Burden of Disease Study 2021. *Lancet Rheumatol.* 2023 May 22;5(6):e316–e329. doi: [10.1016/S2665-9913\(23\)00098-X](https://doi.org/10.1016/S2665-9913(23)00098-X). PMID: 37273833; PMCID: PMC10234592.

[4] National Institute for Neurological Disorders

