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**LEGISLATIVE EDUCATION STUDY COMMITTEE**  
**BILL ANALYSIS**  
**53rd Legislature, 2nd Session, 2018**

|                        |   |                            |                |
|------------------------|---|----------------------------|----------------|
| <b>Bill Number</b>     | <u>SM101</u>                            | <b>Sponsor</b>             | <u>Stewart</u> |
| <b>Tracking Number</b> | <u>.210449.1</u>                        | <b>Committee Referrals</b> | <u>SEC</u>     |
| <b>Short Title</b>     | <u>Overweight Backpack Health Risks</u> |                            |                |
| <b>Analyst</b>         | <u>Herz</u>                             | <b>Original Date</b>       | <u>2/8/18</u>  |
|                        |   | <b>Last Updated</b>        | <u></u>        |

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## **BILL SUMMARY**

### Synopsis of Bill

Senate Memorial 101 encourages school administrators, teachers, parents, and students to learn about the potential health risks of carrying heavy backpacks and take proactive measures to avoid injury. The memorial also asks schools to consider using more e-textbooks and utilizing other methods to reduce the weight of backpacks.

## **FISCAL IMPACT**

Legislative memorials do not carry appropriations.

## **SUBSTANTIVE ISSUES**

Medical studies have highlighted potential health risks for students resulting from carrying overweight backpacks. Overall, researchers have found that student back pain is significantly associated with heavier backpacks. These effects were more pronounced among younger students and students who did not have access to a locker. Additionally, children with back problems are more likely to have back problems as adults. Most medical associations, including the American Chiropractic Association and the American Occupational Therapy Association, recommend limiting backpack weight to no more than 10 percent of the student's body weight.

Increasingly, textbook publishers produce electronic versions of textbooks, which can reduce the weight of textbooks carried in backpacks. However, as the use of electronic resources increases, so does the necessity of student access to technology. Public schools that choose to use more electronic resources may need to find additional resources to ensure that all students can access materials.

## **SOURCES OF INFORMATION**

- LESC Files

**MPH/rab**