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## New Insights into Back Health Intervention in Children

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### Message from the Guest Editors

During the second half of the 20th century, nonspecific low back pain (LBP) became a major problem for public health systems in the Western world. Currently, the prevalence of back problems at school age is high. The European guidelines for LBP prevention based on scientific studies and recent review studies conclude that there is insufficient evidence to recommend generalized educational intervention in school-age children, but state that the development of preventive programs and risk factor modification would be beneficial. Thus, there is a wide consensus on the need to address back health problems at early ages in an educational context. Comprehensive back health education interventions should focus on improving back health awareness and encouraging the development of healthy habits through motivating activities. This Special Issue aims to analyze the current state of educational interventions for the care and improvement of back health. In addition, it seeks to select the most important research studies on interventions under development, point out the most effective models and methodological strategies in diverse educational contexts.



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# Special Issue