

State of South Carolina

Governor's Proclamation

- WHEREAS,** arthritis includes more than 100 diseases and conditions that affect joints and connective tissues of the body, typically causing pain, stiffness, and swelling in or around the joints and frequently leading to limitations in self-care, work, recreation, and other activities; and
- WHEREAS,** affecting approximately one million adults in South Carolina, arthritis is one of the most common chronic conditions and is the most common cause of disability, with nearly half of working age adults affected by arthritis experiencing arthritis-related work limitations; and
- WHEREAS,** studies show that physical activity can delay the onset of disability for people with arthritis and can reduce pain, improve function, mood, and energy level, and can help in the management of other chronic conditions; and
- WHEREAS,** raising awareness of the prevention and available interventions for arthritis, such as self-management and physical activity programs, helps those affected by arthritis improve their health, learn how to manage their conditions, and take control of their lives; and
- WHEREAS,** during the 2014 observance of Arthritis Awareness Month, the South Carolina Department of Health and Environmental Control and the Arthritis Foundation encourage people to maintain a healthy weight, avoid injuries, stay active, and participate in self-management education as ways to prevent arthritis.

NOW, THEREFORE, I, Nikki R. Haley, Governor of the Great State of South Carolina, do hereby proclaim May 2014 as

ARTHRITIS AWARENESS MONTH

throughout the state and encourage all South Carolinians to learn more about the prevention and self-management of arthritis.



A handwritten signature in black ink, reading "Nikki R. Haley".

NIKKI R. HALEY
GOVERNOR
STATE OF SOUTH CAROLINA