

# Proclamation

## by Governor Jim Justice

**Whereas,** the mission of *National Kidney Month* and *World Kidney Day* is to raise awareness of the importance of our kidneys to our overall health, to reduce the frequency, impact of kidney disease and its associated health problems worldwide; and

**Whereas,** there are an estimated 37 million Americans with kidney disease and 33% of American adults are at risk; and

**Whereas,** risk factors for kidney disease include diabetes, high blood pressure, a family history of kidney failure, obesity and being over the age of 60; and

**Whereas,** your kidneys act like a filter to remove wastes and extra fluid from your body; your kidneys filter about 200 quarts of blood each day to make about 1 to 2 quarts of urine; the urine contains wastes and extra fluid; this prevents buildup of wastes and fluid to keep your body healthy; and

**Whereas,** consuming plenty of fluid helps the kidneys clear wastes and toxins from the body; studies have also shown that increasing your fluid intake is one of the best ways to prevent the formation of kidney stones; and

**Whereas,** the National Kidney Foundation recommends an annual kidney disease screening for anyone over the age of 60.

**Now, Therefore,** Be it Resolved that I, Jim Justice, Governor of the Great State of West Virginia, do hereby proclaim *March 2022* as:

## *National Kidney Month*

proclaim *March 10, 2022* as:

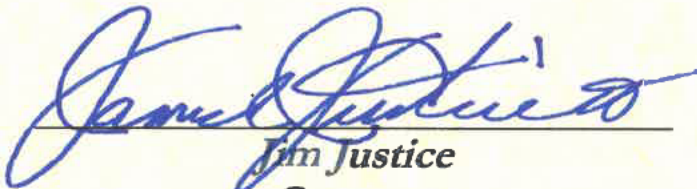
## *World Kidney Day*

in the Mountain State and encourage all citizens to join me in this observance.


**In Witness Whereof,** I have hereunto set my hand and caused the Great Seal of the State of West Virginia to be affixed.

**Done** at the Capitol, City of Charleston, State of West Virginia, this the Twenty-second day of February, in the year of our Lord, Two Thousand Twenty-Two, and in the One Hundred Fifty-Ninth year of the State.



  
Jim Justice  
Governor

By the Governor:

  
Mac Warner  
Secretary of State