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.

[Signature]
Jim Justice
Governor

By the Governor:

[Signature]
Mac Warner
Secretary of State