

Proclamation

by Governor Jim Justice

- Whereas,** the practice of self-care is a vital component of overall health and well-being, encompassing daily habits such as proper hygiene, a balanced diet, regular physical activity, and personal health care for the prevention, diagnosis, treatment, and management of illnesses and injuries; and
- Whereas,** the citizens of West Virginia can significantly reduce healthcare costs for themselves and the State by engaging in responsible self-care practices, including maintaining a nutritious diet, engaging in regular exercise, and making appropriate use of over-the-counter medications, dietary supplements, and medical devices to treat common ailments before they become more serious; and
- Whereas,** a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help prevent chronic diseases such as obesity, diabetes, and heart disease, while regular physical activity can improve mental health, boost energy levels, and reduce the risk of various health conditions; and
- Whereas,** over-the-counter medicines, when used safely and effectively, can treat minor acute and chronic health conditions, saving the healthcare system more than \$167 billion annually; and
- Whereas,** the consumption of vitamin and mineral supplements can address nutrient deficiencies, especially among lower-income families in West Virginia who may experience food insecurity; and
- Whereas,** recent studies have shown that daily use of a safe and affordable multivitamin-mineral supplement can improve or protect cognitive function in older adults; and
- Whereas,** the importance of oral health cannot be overstated, as poor oral hygiene has been linked to various preventable diseases and health conditions, including endocarditis, cardiovascular disease, pregnancy and birth complications, and pneumonia; and
- Whereas,** the people of West Virginia benefit from practicing appropriate self-care, including maintaining a healthy diet and engaging in regular exercise, reducing unnecessary visits to healthcare professionals, and experiencing improved health, self-esteem, and overall wellness.

Now, Therefore, Be it Resolved that I, Jim Justice, Governor of the Great State of West Virginia, do hereby proclaim *July 24, 2024* as:

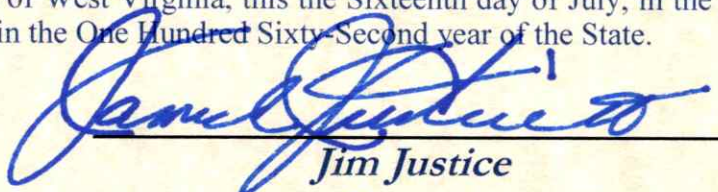
International Self-Care Day

in the Mountain State and encourage all citizens to join me in 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 Sixteenth day of July, in the year of our Lord, Two Thousand Twenty-Four, and in the One Hundred Sixty-Second year of the State.




Jim Justice
Governor

By the Governor:


Mac Warner
Secretary of State