



# State of North Carolina

**ROY COOPER**  
GOVERNOR

**GOUT AWARENESS DAY**

**2023**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

## **A PROCLAMATION**

**WHEREAS**, more than nine million Americans suffer with gout, the most common form of inflammatory arthritis, caused by uric acid build-up in the joints; and

**WHEREAS**, men may develop gout in middle age, women are more likely to develop gout after menopause, and younger people rarely develop the disease; and

**WHEREAS**, gout causes sudden, excruciating attacks and impacts a patient's daily quality of life; and

**WHEREAS**, Black Americans are two to three times more likely to develop gout than White Americans, yet Black Americans are less likely to be prescribed urate-lowering medications or receive ongoing routine provider care; and

**WHEREAS**, Asian Americans and Asian Pacific Islanders are also at an increased risk of gout, with 39 percent of the Hmong population showing signs of gout prior to age 30; and

**WHEREAS**, certain factors may increase one's chances of developing gout, including having high urate levels, a family history of gout, increasing age, drinking alcohol, eating foods rich in animal-sourced purines that break down into urate, and drinking beverages that have high-fructose corn syrup, such as soda; and

**WHEREAS**, a lack of awareness and misinformation may hinder treatment, but heightened public awareness can reduce the unfair stigma people with gout experience and empower patients to seek quality care and timely treatment;

**NOW, THEREFORE**, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim May 22, 2023, as "**GOUT AWARENESS DAY**" in North Carolina, and commend its observance to all citizens.



**Roy Cooper**  
Governor

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this twenty-second day of May in the year of our Lord two thousand and twenty-three and of the Independence of the United States of America the two hundred and forty-seventh.