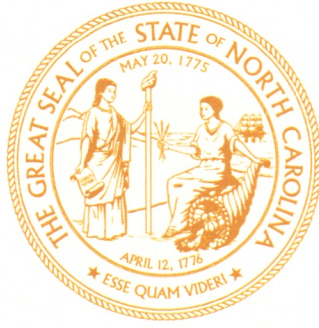




State of North Carolina

JOSH STEIN
GOVERNOR

WORLD ARTHRITIS DAY

2026

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, arthritis is a condition characterized by the swelling of one or more joints, causing pain and stiffness; and

WHEREAS, there are a disproportionately high number of individuals affected by arthritis in North Carolina compared to other states, due in part to our older and more rural populations; and

WHEREAS, arthritis is estimated to affect more than 2 million residents across our state, and women, in particular, have a higher age-adjusted prevalence of arthritis, according to a report by the Centers for Disease Control and Prevention; and

WHEREAS, the prevalence of arthritis increases with age; and individuals with diabetes, heart disease, high blood pressure, high cholesterol, and obesity can be disproportionately affected by arthritis; and

WHEREAS, individuals with arthritis are often less active and face disease-specific barriers to physical activity, such as episodic pain and fear of worsening their condition; and

WHEREAS, physical activity, early diagnosis, and self-management education can reduce pain and improve quality of life for people living with arthritis; and

WHEREAS, the State of North Carolina acknowledges the daily pain of those living with arthritis and encourages residents, organizations, and medical professionals across our state to continue supporting the growing community of individuals affected by this condition;

NOW, THEREFORE, I, JOSH STEIN, Governor of the State of North Carolina, do hereby proclaim October 12, 2026, as **"WORLD ARTHRITIS DAY"** in North Carolina and commend its observance.



A handwritten signature of Josh Stein in black ink, written over a horizontal line.

JOSH STEIN
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 fifth day of October in the year of our Lord two thousand and twenty-sixth and of the Independence of the United States of America the two hundred and fifty-first.