

STATE OF NORTH DAKOTA

PROCLAMATION

FIBROMYALGIA AWARENESS DAY MAY 12, 2026

WHEREAS, fibromyalgia afflicts 4% to 6% of the population in the U.S., which is approximately 14 million to 20 million Americans, and an estimated 32,465 to 48,697 of North Dakotans have fibromyalgia; and

WHEREAS, fibromyalgia is often cited as a “woman’s illness,” however, research indicates approximately 40% of fibromyalgia sufferers are men, and children and teenagers are affected as well, proving that it affects people of all demographics; and

WHEREAS, according to Veteran Voices For Fibromyalgia, approximately 2,242,000 military service members and 1,056,000 veterans are officially diagnosed with fibromyalgia; and

WHEREAS, fibromyalgia’s symptoms include widespread chronic pain throughout the body, chronic fatigue, sleep disorders, muscle stiffness and weakness, mobility and balance instability, headaches and migraines, numbness and tingling, nausea, vertigo and impairment of memory and concentration; and

WHEREAS, due to interference of the internal bodily systems, people living with fibromyalgia often develop several co-existing medical conditions, which may include chronic myofascial pain, irritable bowel syndrome, Raynaud’s syndrome, interstitial cystitis, postural orthostatic tachycardia syndrome, peripheral neuropathy, anxiety, depression and chemical and environmental sensitivities; and

WHEREAS, increased awareness by the public, licensed medical providers, health care systems and policymakers of the daily multifaceted management challenges of fibromyalgia and its impact on a person’s daily functioning and quality of life and increased understanding of fibromyalgia will reduce the stigma of this illness.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
May 12, 2026, FIBROMYALGIA AWARENESS DAY in the State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST: 
Michael Howe
SECRETARY OF STATE