

# STATE OF NORTH DAKOTA

## PROCLAMATION

### SELF-CARE DAY

JULY 24, 2025

**WHEREAS**, practicing self-care with 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, and regular physical activity can improve mental health, boost energy levels and reduce the risk of various health conditions; and

**WHEREAS**, daily use of multivitamin-mineral supplements can improve or protect cognitive function in older adults and address nutrient deficiencies, especially among lower-income families in North Dakota who may experience food insecurity, and over-the-counter medicines, when used safely, can treat minor, acute and chronic health conditions; and

**WHEREAS**, 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**, using sunscreen with an SPF factor of 30 or higher daily can reduce the risk of developing some forms of skin cancer by as much as 50%; and

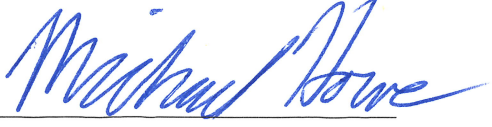
**WHEREAS**, all North Dakotans are encouraged to recognize the benefits of self-care, maintain a balanced diet, engage in regular physical activity, and practice responsible self-care habits for the betterment of their health, self-esteem and the sustainability of our health care system.

**NOW, THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim  
July 24, 2025, **SELF-CARE DAY** in the State of North Dakota.



  
Kelly Armstrong  
GOVERNOR

ATTEST:

  
Michael Howe  
SECRETARY OF STATE