

State of Maine



WHEREAS, pain is a major public health problem and is one of the most common reasons Americans seek medical care; and

WHEREAS, 50 million American adults live with chronic pain and 19.6 million live with high-impact chronic pain as a result of serious illnesses and injuries; and

WHEREAS, an estimated one in three Americans are affected by chronic pain, with between 75 million and 159 million Americans experiencing some type of chronic pain on a daily basis; and

WHEREAS, pain negatively impacts almost every aspect of a person's life and emotional well-being including the ability to work, sleep, and engage in social activities, as well as adversely impacts the pain sufferers' families and caregivers; and

WHEREAS, the Institute of Medicine has found that pain costs the United States economy \$560 to \$630 billion per year in medical expenses, lost wages, lost productivity, and other associated indirect costs; and

WHEREAS, since 1993, the Chronic Pain Support Group of Southern Maine has provided supports for people with pain, has taught coping skills necessary to survive, and has worked with a multidisciplinary group of chronic pain advocates comprised of students, staff, faculty, community members, and concerned individuals to improve the quality of life of people living with pain; and

WHEREAS, health care providers across Maine are working together to raise awareness about chronic pain, to remove the barriers to effective pain care, to eliminate the under-treatment of pain, and to improve the quality of life for those living with pain;

NOW, THEREFORE, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby recognize the month of September as

Pain Awareness Month

throughout the State of Maine, and I urge all citizens to recognize this observance.

In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this twenty-fourth day of August Two Thousand Twenty-One



Shenna Bellows
Shenna Bellows
Secretary of State

Janet T. Mills
Governor