

*Proclamation Guidelines*

Contact the office of your city mayor or state governor by setting up an appointment with the executive assistant. Explain that Chronic Disease Awareness Month™ is an annual education campaign every October created by the non-profit Lifestyle Medicine University Foundation.

Chronic Disease Month™ is an annual awareness campaign focused on educating the public about chronic diseases like heart disease, diabetes, obesity, pain, depression, anxiety, and cancer.

Thousands of volunteer ambassadors will host local or online educational events about the importance of evidence-based Prevention, Lifestyle Medicine, and Health Coaching to reduce and reverse chronic health issues

Physicians and healthcare providers are encouraged to provide smart options of care that address the root-causes of chronic disease by prescribing Lifestyle Medicine to patients.

Use this template to create a proclamation on your letterhead with a public announcement.

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Please share the announcement day and a proclamation copy with our team.  
[join@chronicdiseasemonth.org](mailto:join@chronicdiseasemonth.org) | [ChronicDiseaseMonth.org](http://www.ChronicDiseaseMonth.org)

Share on <https://twitter.com/lifestylemed1>

Chronic Disease Awareness Month™ Proclamation (Template)

[State Seal or Emblem]

Office of the Mayor/Governor

*Proclamation*

WHEREAS, chronic diseases like heart disease, diabetes, obesity, depression, addiction, and cancer are leading causes of death and disability worldwide, impacting millions and driving up healthcare costs;

WHEREAS, most chronic conditions stem from preventable factors, including poor diet, inactivity, stress, inadequate sleep, social isolation, and harmful substance use, disproportionately affecting vulnerable communities;

WHEREAS, healthcare professionals recognize that lifestyle-based medicine is crucial in preventing, managing, and reversing chronic diseases while improving quality of life and reducing healthcare costs;

WHEREAS, research shows that adopting evidence-based lifestyle protocols in healthcare can prevent up to 80% of chronic conditions, and early intervention is crucial for those affected;

THEREFORE, I, [Governor's Full Name], Governor of [State Name], proclaim October 2024 as

***Chronic Disease Awareness Month™***

and urge physicians, healthcare providers, public health organizations, and community leaders to promote awareness, preventive practices, and healthy lifestyle changes, empowering individuals and families to lead healthier, happier, and more productive lives.

IN WITNESS WHEREOF, I set my hand and affix the Great Seal of [State Name] at [State Capital City], this [Day] of [Month, Year].

[Signature]

[Governor's Full Name], Governor of [State Name]