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LRB104 21382 ECR 36332 r

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HOUSE RESOLUTION

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WHEREAS, Myalgic Encephalomyelitis (ME), also known as Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), is a serious, complex, and chronic disease that affects multiple body systems, including the neurological, immune, and metabolic systems; and

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WHEREAS, ME affects up to nine million Americans, including over 100,000 Illinoisans, and is characterized by symptoms such as post-exertional malaise, debilitating fatigue, cognitive dysfunction, and immune and autonomic nervous system dysregulation that substantially limit an individual's ability to carry out ordinary daily activities; and

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WHEREAS, Approximately 25% of individuals affected by ME are housebound or bed-bound, and an estimated 75% are unable to sustain employment or education due to the severity of their illness; almost all people with ME experience profound limitations in performing usual daily activities; and

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WHEREAS, Individuals living with ME often experience a significant decline in quality of life and may face challenges accessing timely diagnosis, appropriate medical care, workplace accommodations, and social support; and

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1 WHEREAS, ME remains widely under-recognized and
2 misunderstood with up to 91% of people with ME remaining
3 undiagnosed, and even those with the diagnosis often face
4 limited treatment options and inadequate systemic supports,
5 thereby jeopardizing the safety, well-being, and economic
6 security of affected individuals and their families; and

7 WHEREAS, Due to limited public awareness and lingering
8 misconceptions about the nature and severity of ME, many
9 patients experience stigma, misunderstanding, and delays in
10 care; and

11 WHEREAS, The prevalence of ME has increased significantly
12 in the wake of the COVID-19 pandemic, with up to half of
13 individuals affected by Long COVID meeting diagnostic criteria
14 for ME; and

15 WHEREAS, ME affects an estimated 17 to 24 million people
16 worldwide, making it one of the most widespread yet least
17 understood chronic illnesses, underscoring the urgent need for
18 expanded research, medical education, and public awareness;
19 and

20 WHEREAS, Raising awareness of ME within Illinois promotes
21 understanding, research investment, and better health outcomes

1 for the thousands of people affected; and

2 WHEREAS, Increased awareness and education about ME among
3 the public, health care providers, educators, employers, and
4 policymakers are essential to improving outcomes for those
5 affected and supporting ongoing research efforts; and

6 WHEREAS, May 12 is internationally recognized as ME
7 Awareness Day, honoring the strength and resilience of the ME
8 community and highlighting the need for increased
9 understanding, research investment, and comprehensive systems
10 of care and support; therefore, be it

11 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE
12 HUNDRED FOURTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that
13 we declare May 12, 2026 as Myalgic Encephalomyelitis Awareness
14 Day in the State of Illinois; and be it further

15 RESOLVED, That we encourage increased public education and
16 awareness efforts regarding Myalgic Encephalomyelitis (ME),
17 support for individuals and families affected by the disease,
18 and continued attention to research and health care
19 initiatives aimed at improving diagnosis, treatment, and
20 quality of life for those living with ME.