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SENATE 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 bedbound, an estimated 75% are unable to sustain employment or education due to the severity of their illness, and 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 underrecognized and  
2           misunderstood, with up to 91% of people with ME remaining  
3           undiagnosed and those with the diagnosis facing limited  
4           treatment options and inadequate systemic supports, thereby  
5           jeopardizing the safety, well-being, and economic security of  
6           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 and underscoring the urgent need  
18          for expanded research, medical education, and public  
19          awareness; 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 SENATE OF THE ONE HUNDRED FOURTH GENERAL  
12 ASSEMBLY OF THE STATE OF ILLINOIS, that declare May 12, 2026 as  
13 Myalgic Encephalomyelitis Awareness Day in the State of  
14 Illinois; and be it further

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