

*THE BOARD OF SUPERVISORS  
COUNTY OF SAN MATEO, STATE OF CALIFORNIA  
PROCLAMATION DESIGNATING JUNE 2025 AS*

**Migraine and Headache Awareness Month**

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**WHEREAS**, headache disorders, including migraine, cluster headache, new daily persistent headache, spinal CSF leak, orofacial pain disorders and other neurological headache diseases, affect more than 40 million Americans and over 1.1 billion people worldwide and are among the leading causes of disability globally; and

**WHEREAS**, headache diseases result in a severe economic burden, costing U.S. companies over \$78 billion annually in lost productivity and healthcare expenses, and an estimated 4 million Americans live with chronic migraine, experiencing symptoms 15 or more days per month, yet access to specialized care remains limited; and

**WHEREAS**, veterans and military personnel experience higher rates of post-traumatic headache and migraine due to traumatic brain injuries sustained in service and significant racial and socioeconomic disparities persist, with Black, Hispanic and Native/Indigenous populations facing higher rates of underdiagnosis and inadequate treatment; and

**WHEREAS**, cluster headache is recognized as one of the most excruciating medical conditions, affecting approximately one in 1,000 Americans, and there is a severe shortage of headache specialists, with fewer than 800 certified headache medicine specialists nationwide, creating significant barriers to care, particularly for rural and underserved communities; and

**WHEREAS**, stigma and misinformation have historically stifled research, treatment innovation and public awareness, leaving many patients undiagnosed and untreated, and individuals with headache disorders are at an increased risk for developing depression and suicidal ideation, underscoring the urgent need for comprehensive care and mental health support.

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of the County of San Mateo, State of California, hereby designates the month of June 2025 as Migraine and Headache Awareness Month in San Mateo County and encourage all citizens, healthcare professionals and policymakers to support awareness, research and improved access to care for headache diseases.

***Dated:*** June 10, 2025