

THURSTON COUNTY

Proclamation

American Heart Health Month

WHEREAS, cardiovascular diseases are the nation's leading cause of death and costliest disease with direct and indirect costs in the United States estimated to be \$316.6 billion; and

WHEREAS, while progress has been significant in reducing deaths from heart disease, it is still a leading cause of death and disability for both women and men; and

WHEREAS, about 801,000 people in the United States die each year from heart disease, stroke, and other cardiovascular diseases, equivalent to approximately one of every three deaths in America; and

WHEREAS, 2,200 people in the United States die from cardiovascular diseases each day, and about 92.1 million American adults are living with some form cardiovascular disease, or the after-effects of a stroke; and

WHEREAS, an average of 585 people die from cardiovascular diseases in Thurston County each year; and

WHEREAS, as part of American Heart Health Month, the American Heart Association launched "Go Red for Women", which has become a worldwide movement to help close the gap in awareness around removing the barriers women face to achieving good health and wellbeing; and

WHEREAS, about 80% of cardiovascular disease may be prevented through everyday healthy living steps including physical activity, good nutrition, not smoking, maintaining a healthy weight, and controlling blood pressure, cholesterol, and blood glucose levels; and

WHEREAS, the American Heart Association encourages citizens to help save lives by calling 9-1-1 if symptoms occur, getting trained in CPR, and promoting comprehensive automated external defibrillator programs in their communities; and

WHEREAS, the American Heart Association is celebrating February as American Heart Month and "Go Red for Women" to promote education and awareness by encouraging citizens to learn the warning signs of heart attack and stroke.

NOW, THEREFORE, BE IT RESOLVED, the Thurston County Board of Health hereby proclaims February as American Heart Health month in Thurston county, in recognition of the importance of the ongoing fight against heart disease, and urges all citizens to recognize the critical importance of identifying symptoms, taking preventative measures to live healthfully, and incorporating tools and skills that will increase survival rates and save thousands of lives each year.

ADOPTED this eleventh day of February 2020

BOARD OF HEALTH


