

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 the No. 1 killer of 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 U.S. die from cardiovascular diseases each day, and about 92.1 million American adults are living with some form of cardiovascular disease or the after-effects of stroke; and

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

WHEREAS, the American Heart Association's 2020 Impact Goal seeks to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent through research, population-and community-level interventions, public health and policy measures; and

WHEREAS, about 80% of cardiovascular disease may be prevented through everyday healthy living steps, including physical activity, good nutrition, not smoking, maintaining 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 2018 as American Heart Month and promoting education and awareness by encouraging citizens to learn the warning signs of heart attack and stroke.

NOW, THEREFORE BE IT RESOLVED, the 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 preventive measures to live healthy, and incorporating tools and skills that will increase survival rates and save thousands of lives each year.

Adopted this thirteenth day of February, 2018

BOARD OF HEALTH



Bob Blake
John Smith
Jerry Howard

