



PROCLAMATION

WHEREAS, the first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson on December 30, 1963 and Congress, by joint resolution, requesting the President to issue an annual proclamation designating February as American Heart Month; and

WHEREAS, on the first Friday of every February is federally designated as **American Heart Month** and the nation comes together, igniting a wave of red from coast to coast, as cardiovascular disease knows no borders. Go Red Day is the ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved; and

WHEREAS; heart disease is the No. 1 killer of women, killing more women than all forms of cancer combined. Only 36% of African American women, 34% of Hispanic women and 65% of Caucasian women know that heart disease is their greatest health risk; and

WHEREAS, ninety percent of women have one or more risk factors for developing heart disease or stroke but women are less likely to call 911 for themselves when experiencing symptoms of a heart attack; and

WHEREAS, the American Heart Association's Go Red For Women® movement motivates women to learn their family history and to meet with a healthcare provider to determine their risk for cardiovascular diseases and stroke; and

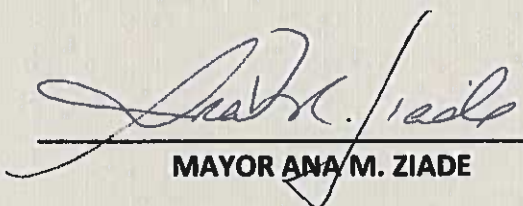
WHEREAS, Go Red For Women encourages women to take control of their heart health by knowing and managing these five numbers – Total Cholesterol; HDL (good) Cholesterol; Blood Pressure, Blood Sugar and Body Mass Index (BMI) – in a movement to live healthier lives.

NOW, THEREFORE, the City Commission of the City of North Lauderdale, Florida, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim February to be

**AMERICAN HEART MONTH
GO RED FOR WOMEN DAY – FEBRUARY 5, 2021**

in the City of North Lauderdale and urge all citizens to show their support against heart disease by wearing the color red on Friday, February 5, 2021.




MAYOR ANA M. ZIAIDE

Dated this 26th day of January, 2021