



PROCLAMATION

AMERICAN HEART ASSOCIATION – AMERICAN HEART MONTH GO RED FOR WOMEN DAY – FEBRUARY 7, 2020

WHEREAS, the first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson on December 30, 1963 and the Congress, by joint resolution on that date, requested the President to issue annually a 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 an 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, but only 36% of African American women, 34% of Hispanic women and 65% of Caucasian women know that heart disease is their greatest health risk. 88% of millennial women worry about their moms' health; 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 than they are if someone else were having 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 Mayor and Commission, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim February to be

American Heart Month

in the City of North Lauderdale and urge all citizens to show their support for women and the fight against heart disease by commemorating this day by wearing the color red on Friday, February 7, 2020. By increasing awareness, speaking out about heart disease, and empowering women to reduce their risk for cardiovascular diseases, we can save thousands of lives each year.

Dated this 28th day of January, 2020

MAYOR ANA M. ZIADE