

Item Title: Proclamation Recognizing February 2017 as Heart Health - Go Red For Women® Month in Wake County

Specific Action Requested:

The Board of Commissioners endorses the Proclamation recognizing February 2017 as Heart Health- Go Red For Women® Month in Wake County.

Item Summary:

February is designated as Heart Health - Go Red For Women® Month in Wake County. According to the American Heart Association, heart disease remains the #1 killer of U.S. women, affecting more than one in three. The risk factors for heart disease include: smoking, high blood pressure, high cholesterol, overweight/obesity, physical inactivity, diabetes, age and a family history of heart disease. In Wake County, from 2011-2015, heart disease caused 18.6% (2,318) of all female deaths; in North Carolina, the rate was slightly higher at 19.7% (41,527) of all female deaths. Women's health remains a priority for families, communities, and government. Our commitment to keeping women healthy is stronger than ever.

Throughout the month, the Health Promotion Chronic Disease Prevention Section will sponsor several activities in partnership with the American Heart Association and Wake County EMS. They include a community blood pressure screening with hands only CPR training at three Wake County EMS stations; a free community Fitness Night promoting the benefits of exercise; assisting two Wake County parks in "Going Red" for the month along with facilitating walks on two park trails. We will also be partnering with Wake County Wellness to encourage staff to wear red and walk on February 3 (Go Red Day). Marathon will be offering free blood pressure checkups throughout the month as well. Wellness messages will be posted on Wake County's social media venues, exposing County residents to heart healthy information.

Attachments:

1. Proclamation
2. Calendar of Events