

Item Title: Proclamation Recognizing February as American Heart Health Month in Wake County

Specific Action Requested:

That the Board of Commissioners endorses the proclamation recognizing February 2019 as American Heart Health Month in Wake County.

Item Summary:

Cardiovascular disease is the leading cause of death for both men and women, claiming one in every four deaths in the United States (Centers for Disease Control and Prevention, 2015). Through proper prevention, treatment and management, 80% of cardiac events can be prevented (American Heart Association, 2018). Awareness and educational campaigns have contributed to combatting this devastating illness. Trend data from the 2017 Wake County Public Health Report shows an 8.4% decrease in overall heart disease deaths in Wake County since 2012.

American Heart Health Month is an opportunity to showcase women's heart health information and serve as a catalyst for change to improve the lives of all women. It is important to spread the word about prevention, reduce risk factors, understand signs and symptoms and advocate for better health.

American Heart Health Month is no longer just about wearing red and sharing heart health facts. It's now about making a commitment to stand together and taking charge of your heart health as well as the health of those you can't bear to live without. Be empowered, grab a friend or a family member and make a commitment to LIVE a healthier life.

Throughout the month of February, the Health Promotion Chronic Disease Prevention Section will team up with Wake County Emergency Management Services (EMS) to offer "Hands only CPR" and heart health information within the community. Health Promotion Chronic Disease Prevention Section and Wake County EMS have been collaborating since 2012 to provide heart health education and awareness for the Wake County community and staff.

Attachments:

1. Proclamation
2. February Calendar of Heart Health Awareness Activities