



**WAKE COUNTY BOARD OF COMMISSIONERS
PROCLAMATION
Recognizing February 2019 as
American Heart Health Month**

WHEREAS, heart disease is the number one killer of American men and women and is responsible for one out of every three deaths in the United States; and

WHEREAS, 80% of cardiac events can be prevented through proper prevention, treatment and management; and

WHEREAS, the risk factors for heart disease are smoking, overweight/obesity, physical inactivity, high blood pressure, high cholesterol, high triglyceride levels, diabetes, a family history of early heart disease, and age; and

WHEREAS, individuals can protect their heart health and prevent heart disease by taking steps to prevent and control the risk factors for the disease; and

WHEREAS, certain improvements to daily routines — such as eating healthy, not smoking, being physically active, limiting alcohol use and getting routine health screenings — can lower several of these risk factors and set the stage for a long and healthy life; and

WHEREAS, promoting awareness of health issues, including heart disease, is an important responsibility and depends on the actions of many organizations and groups in our community.

NOW, THEREFORE, BE IT RESOLVED, that the Wake County Board of Commissioners does hereby proclaim **February 2019**, as **AMERICAN HEART HEALTH MONTH**, and urges the residents of our community, and communities across the country, to support the issue or cause.

ADOPTED this the 4th day of February 2019.

Greg Ford, Vice Chairman
Wake County Board of Commissioners