

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 2020 as American Heart Health Month in Wake County.

Item Summary:

Every 37 seconds cardiovascular disease claims another life in the US. It is the **leading cause of death** for women, men, and people of most racial and ethnic groups in the United States. About **647,000 Americans** die from heart disease each year - that's **1 in every 4 deaths**. Through proper prevention, treatment and management, 80% of cardiac events can be prevented. Trend data from the 2017 Wake County Public Health Report shows a 9.9% decrease in overall heart disease deaths in Wake County since 2012. Unlike many diseases, cardiovascular disease is controllable and preventable. The key is proper education and awareness of how to reduce risks.

American Heart Health Month is an opportunity to showcase heart health information and serve as a catalyst for change to improve lives. 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 take 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.

The 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. Throughout the month of February, Health Promotion will partner with Wake County Emergency Management Services (EMS) to offer "Hands-only" CPR sessions. Health Promotion will also partner with the UNCRex Heart and Vascular Department to provide Peripheral Artery Disease (PAD) Scans for specified populations.

Attachments:

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