



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

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

WHEREAS, heart disease was the second leading cause of death in Wake County from 2012-2017; 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.

THEREFORE, BE IT RESOLVED, that the Wake County Commissioners, on behalf all the residents of Wake County, does hereby proclaim the month of February 2020 as American Heart Health Month.

ADOPTED this the 3rd day of February 2020.

Gregory D. Ford, Chair
Wake County Board of Commissioners