

RESOLUTION 58(18)

January 17, 2018

WHEREAS, American Heart Month, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice. Why? Because life is why; and

WHEREAS, while American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year; and

WHEREAS, the overall rate of death attributable to cardiovascular disease in the United States, based on 2014 data, is 220.8 per 100,000. On average, someone dies of CVD every 40 seconds. That is about 2,200 deaths of CVD each day; and

WHEREAS, on average, someone in the United States has a stroke every 40 seconds. This is about 795,000 new or recurrent strokes each year. On average, someone dies of a stroke every 4 minutes. Stroke accounted for 1 of every 20 deaths in the United States; and

WHEREAS, more than 65% of US adults have 2, 3, or 4 criteria at ideal cardiovascular health, with less than 20% of adults within each of these categories. At any age, females tend to have more metrics at ideal levels than do males. Blacks and Hispanics tend to have fewer metrics at ideal levels than whites or other races; and

WHEREAS, heart disease can often be prevented when people make smart choices and manage their health conditions such as making physical activity a part of your day, eating a healthy and balanced diet, not smoking and getting routine health screenings.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health proclaims February 2018 as **AMERICAN HEART MONTH** and encourages our residents to follow steps to maintain and healthy lifestyle and commit to fighting cardiovascular disease.

Name	Blake	Dasti	Hill	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓				✓	✓
Abstain								
Nays								
Absent				✓	✓	✓		


Victoria R. Miragliotta, Assistant Secretary