

RESOLUTION 142(18)

April 4, 2018

WHEREAS, National High Blood Pressure Education Month is recognized each May to raise awareness about the impact that high blood pressure can have on health; and

WHEREAS, high blood pressure is a major risk factor for heart disease, stroke, congestive heart failure and kidney disease; and

WHEREAS, one of three American adults have high blood pressure; more than half of people with high blood pressure do not have their condition under control; and

WHEREAS, women are just about as likely as men to develop high blood pressure during their lifetime. However, for people younger than 45 years, the condition affects more men than women. For people aged 65 years and older, it affects more women than men; and

WHEREAS, about 28% of American adults aged 18 years or older have pre-hypertension; and

WHEREAS, certain traits, conditions, and habits can raise your risk for high blood pressure, such as race or ethnicity, being overweight or obese, gender, unhealthy lifestyles, and a family history of high blood pressure; and

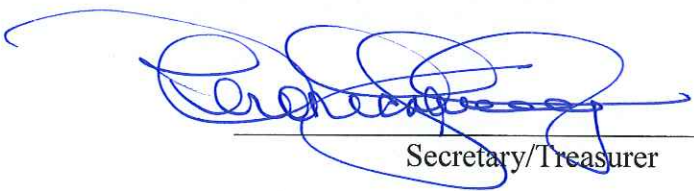
WHEREAS, lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy, low sodium diet rich in fruits and vegetables; and

WHEREAS, high blood pressure is becoming more common in children and teens due to being overweight or obese; and

WHEREAS, the Ocean County Health Department encourages everyone to regularly monitor their blood pressure.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health proclaims the month of May 2018 as High Blood Pressure Education Month in Ocean County.

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


Secretary/Treasurer