

# RESOLUTION 65(19)

January 16, 2019

WHEREAS, American Heart Month 2019, is about raising awareness about heart disease and how people can prevent it - both at home and in the community; and

WHEREAS, while American Heart Month is a federally designated month, it's crucial to spread the word about strategies and actions we can all take to encourage people to live heart healthy lives; and

WHEREAS, 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, on average, someone dies of CVD every 40 seconds. Every year about 735,000 Americans have a heart attack; 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 2019 as **AMERICAN HEART MONTH** and encourages our residents to follow steps to maintain and healthy lifestyle and commit to fighting cardiovascular disease.

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

  
Assistant Secretary