

# RESOLUTION 64(20)

January 22, 2020

WHEREAS, American Heart Month 2020 is an ideal time to remind Americans to focus on their heart health and encourage them to get their families, friends and communities involved about raising awareness of heart disease and how people can prevent it; 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, 2,200 Americans die each day from cardiovascular disease, that's about one every 40 seconds; and

WHEREAS, 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 2020 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	Laurcigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓		✓	✓	✓	✓	✓	✓
Abstain									
Nays									
Absent			✓						



Secretary/Treasurer