

**RESOLUTION 163(20)**

May 13, 2020

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, also known as hypertension, high blood pressure increases the risk of serious diseases and conditions such as heart disease and stroke. In the US, heart disease is the most common form of death whilst stroke is the third leading cause. Other risk factors of high blood pressure include congestive heart failure & 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, in the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms; 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 2020 as High Blood Pressure Education Month in Ocean County.

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

  
Secretary/Treasurer