

RESOLUTION

67(21)

January 27, 2021

WHEREAS, American Heart Month 2021 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, each February, the National Heart, Lung, and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk for developing heart disease; and

WHEREAS, heart disease is a leading cause of death in the United States. Every year more than 600,000 Americans die from heart disease. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use; 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

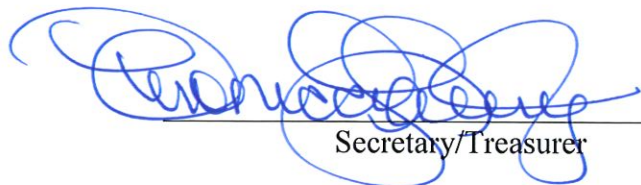
WHEREAS, on average, 2,200 Americans die each day from cardiovascular disease, that's about one every 40 seconds; and

WHEREAS, heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk; 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 2021 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	Crea	Hill	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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Secretary/Treasurer