

RESOLUTION

41(22)

January 19, 2022

WHEREAS, American Heart Month 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, in the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication; 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 2022 as **AMERICAN HEART MONTH** and encourages our residents to follow steps to maintain a healthy lifestyle and commit to fighting cardiovascular disease.

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


Assistant Secretary