

RESOLUTION

41(23)

January 18, 2023

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, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use; and

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

WHEREAS, you can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits; 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, coronary artery disease is often caused by cholesterol, a waxy substance that builds up inside the lining of the coronary arteries forming plaque. This buildup can partially or totally block blood flow in the large arteries of the heart. Coronary microvascular disease happens when the heart’s tiny blood vessels do not work normally.

WHEREAS, symptoms of coronary heart disease may be different from person to person even if they have the same type of coronary heart disease. However, because many people have no symptoms, they do not know they have coronary heart disease until they have chest pain, blood flow to the heart is blocked causing a heart attack, or the heart suddenly stops working, also known as cardiac arrest.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health, County of Ocean, State of New Jersey, proclaims February 2023 as **AMERICAN HEART MONTH** and encourages our residents to follow steps to maintain a healthy lifestyle and commit to fighting cardiovascular disease.

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


Assistant Secretary