

**RESOLUTION 107(23)**

March 22, 2023

WHEREAS, due to a tendency to show either minor, or even no symptoms at all, high blood pressure has earned the nickname “the silent killer.” Knowledge of one’s high blood pressure — and then taking action — greatly reduces the possible risks of related health problems. National High Blood Pressure Education Month takes place each May and aims to reduce death and disability related to high blood pressure through professional, patient and public education; 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, high blood pressure was a primary or contributing cause of death in 2017 for more than 472,000 people in the United States. That’s nearly 1,300 deaths each day; and

WHEREAS, nearly half of all adults in the United States have high blood pressure, and high blood pressure is becoming more common in children and teens due to being overweight or obese; 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, 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, County of Ocean, State of New Jersey, proclaims the month of May 2023 as High Blood Pressure Education Month in Ocean County.

BE IT FURTHER RESOLVED that certified copies of this resolution shall be sent to the Ocean County Board of Commissioners.

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

  
Assistant Secretary