

RESOLUTION

41(24)

January 17, 2024

WHEREAS, you have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting our hearts; and

WHEREAS, heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being; 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, 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 occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk; and

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 2024 as **AMERICAN HEART MONTH** and encourages our residents to follow steps to maintain a healthy lifestyle and commit to fighting cardiovascular disease.

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


Assistant Secretary/Treasurer