

RESOLUTION 126(24)

April 10, 2024

WHEREAS, sponsored by the Centers for Disease Control and Prevention (CDC) and recognized by the National Heart, Lung, and Blood Institute (NHLBI), **National High Blood Pressure Education Month** raises awareness about the impact of hypertension. The observance takes place each May and aims to reduce death and disability related to high blood pressure through professional, patient and public education.; and

WHEREAS, high blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities; and having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure or hypertension; and

WHEREAS, the higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack and stroke; and it can seriously damage other important organs such as the brain, kidneys, and eyes; 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

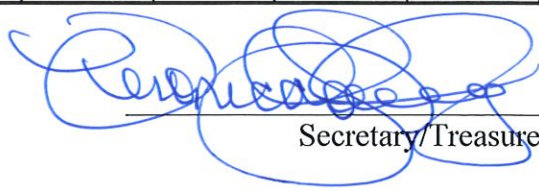
WHEREAS, lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy, low sodium diet rich in fruits and vegetables; and

WHEREAS, the Ocean County Health Department encourages everyone to regularly monitor their blood pressure.

NOW, THEREFORE, BE IT RESOLVED, by the OCEAN COUNTY BOARD OF HEALTH, County of Ocean, State of New Jersey, hereby proclaims the month of **May 2024 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	Malloy
Ayes	✓	✓	✓	✓	✓		✓	✓	✓
Abstain									
Nays									
Absent						✓			


Secretary/Treasurer