

RESOLUTION 124(24)

April 10, 2024

WHEREAS, **National Stroke Awareness Month** is time for everyone to understand their stroke risk and take appropriate measures to protect themselves from a potential stroke; and

WHEREAS considering that every 40 seconds someone in the U.S. has a stroke, and every 3.5 minutes, someone dies from a stroke; that means almost 800,000 people living in the U.S. are suffering from the effects of a stroke; and

WHEREAS, a stroke is caused by blocked blood flow to the brain and can affect a person's speech, movement, memory, and more. It's important to know the signs of a stroke and get help quickly; and

WHEREAS, some of the warning signs include weakness in the face, arm, or leg; difficulty speaking; vision loss; dizziness; brief loss of consciousness; and

WHEREAS, certain factors can increase your chances of having a stroke, like smoking and drinking, high blood pressure, high cholesterol, diabetes, and bad eating habits. Up to 80% of strokes may be prevented by living a healthy lifestyle; and

WHEREAS, when it comes to stroke, every minute counts. Acting F.A.S.T. (Face. Arms. Speech. Time.) can help stroke patients get the treatment they need to survive and reduce damage to the brain; and

WHEREAS, patients who arrive at the emergency room within 3 hours of their first symptoms often have less disability 3 months after a stroke than those who received delayed care.

NOW, THEREFORE, BE IT RESOLVED, by the OCEAN COUNTY BOARD OF HEALTH, County of Ocean, State of New Jersey, proclaims **May 2024 as National Stroke Month** and encourages all to treat conditions and change lifestyle factors that may lead to stroke.

BE IT THEREFORE RESOLVED that 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						✓			


Secretary/Treasurer