

**PROCLAMATION  
AMERICAN HEART HEALTH MONTH  
FEBRUARY 2019**

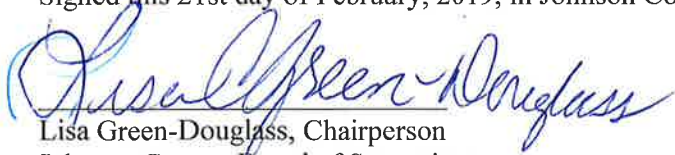
- WHEREAS,** while progress has been significant in reducing deaths from heart disease, it is still the No. 1 killer of both women and men; and
- WHEREAS,** cardiovascular diseases are the nation's leading cause of death and costliest disease with direct and indirect costs in the U.S. estimated to be \$316.6 billion; and
- WHEREAS,** about 801,000 people in the U.S. die each year from heart disease, stroke, and other cardiovascular diseases, or about one of every three deaths in America; and
- WHEREAS,** about 2,200 in the U.S. die from cardiovascular diseases each day, accounting for about one death every 40 seconds; and
- WHEREAS,** about 92.1 million American adults are living with some form of cardiovascular disease or the after-effects of stroke; and
- WHEREAS,** an average of 220 Johnson County residents die from cardiovascular diseases each year; and
- WHEREAS,** the American Heart Association's 2020 Impact Goal seeks to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent through research, population- and community-level interventions, public health, and policy measures; and
- WHEREAS,** about 80 percent of cardiovascular disease may be prevented through everyday healthy living steps, including physical activity, good nutrition, not smoking, maintaining healthy weight, and controlling blood pressure, cholesterol, and blood glucose levels; and
- WHEREAS,** the American Heart Association encourages residents to help save lives by calling 9-1-1 if symptoms occur, becoming trained in CPR, and promoting comprehensive automated external defibrillator programs in their communities; and
- WHEREAS,** the American Heart Association is celebrating February 2019 as American Heart Month and promoting education and awareness by encouraging everyone to learn the warning signs of heart attack and stroke.

**NOW, THEREFORE,** be it resolved that we, the Johnson County Board of Supervisors, in recognition of the importance of the ongoing fight against heart disease, do hereby proclaim the month of February 2019 to be:

**AMERICAN HEART HEALTH MONTH**

in Johnson County, Iowa, and encourage all residents to recognize the critical importance of recognizing symptoms, taking preventive measures to live healthy lives, and incorporating tools and skills that will increase survival rates and save thousands of lives each year.

Signed this 21st day of February, 2019, in Johnson County, Iowa.

  
Lisa Green-Douglass, Chairperson  
Johnson County Board of Supervisors

