

Proclamation

Office of the City Commission



WHEREAS, American Heart Month was established by President Lyndon B. Johnson under Presidential Proclamation 3566 in December 1963, 10 days after Congress issued a joint resolution requesting the president to issue an annual proclamation; 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; and

WHEREAS, heart disease kills over 650,000 Americans a year which is the highest cause of death, higher than all forms of cancer combined; and

WHEREAS, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use; and

WHEREAS, 83% of Americans believe that heart attacks can be prevented but aren't motivated to do anything while 72% of Americans don't consider themselves a risk for heart disease and 58% put no effort into improving their heart health; and

WHEREAS, the good news is in most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups; and

WHEREAS, American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease. The warning signs for heart disease have been known to appear when people are as young as 18 years old. Red flags such as high blood pressure should be taken seriously and healthy habits should be adopted like getting 30 minutes of exercise every day, and talking with your doctor to develop healthy eating habits that promote heart health.

NOW, THEREFORE, I, Greg Ross, Mayor of the City of Cooper City, Broward County, Florida, and the City Commission, support and encourage all to take an active role in their heart health during the entire month of February 2022 and do hereby proclaim the month of February 2022 as:

“AMERICAN HEART MONTH”

in the City of Cooper City.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the City of Cooper City, Broward County, Florida, to be affixed on this 8th day of February 2022.

GREG ROSS

Mayor, City of Cooper City

