

Proclamation

City of Mission



WHEREAS, one person dies every 33 seconds from heart disease, according to the American Heart Association, making it the leading cause of death and disability for men and women in the United States; and

WHEREAS, someone has a heart attack every 40 seconds in the U.S., with about 1 in 5 heart attacks silent, meaning the damage is done, but the person is unaware of it; and

WHEREAS, the American Heart Association estimates that more than 6 in 10 U.S. adults (61%) will have some type of cardiovascular disease by 2050; and

WHEREAS, more than half of the people in the U.S. (51%) do not know that heart disease is the leading cause of death in the country, according to a recent Harris Poll survey conducted on behalf of the American Heart Association; and

WHEREAS, South Texas Health System Heart – one of the first freestanding cardiology and cardiovascular hospitals built in the U.S. – has provided comprehensive quality, compassionate inpatient and outpatient cardiovascular care for the South Texas region for 30 years; and

WHEREAS, STHS Heart has helped raise awareness for heart disease in the City of McAllen, the Rio Grande Valley and beyond through its extensive educational and recreational events, including dedicated Let's Talk Your Health webinars, no-cost heart disease-related educational sessions for recently diagnosed patients and their families and its annual Heroes with Heart 5K run/walk, with all proceeds donated to local charities helping in the fight against heart disease; and

NOW, THEREFORE, we the City Council of the City of Mission, do hereby proclaim the month of February 2026, as:

American Heart Month

in the City of Mission, and encourage all citizens to recognize American Heart Month and join South Texas Health System Heart's Heroes with Heart initiative on Saturday, February 28, to confront, fight and most importantly, change the future of this deadly disease.

PROCLAIMED this 10th day of February 2026.

Norie Gonzalez Garza, Mayor

Jessica Ortega, Councilwoman

Ruben Plata, Mayor Pro Tem

Marissa Ortega Gerlach, Councilwoman

Alberto Vela, Councilman