

Proclamation

City of Mission



WHEREAS, during American Heart Month, we recommit to supporting the more than 120 million Americans living with a cardiovascular condition; advancing groundbreaking and lifesaving research; and expanding access to affordable health care, prescription drugs, and healthy lifestyles; and

WHEREAS, heart disease has long been the leading cause of death in the United States, claiming nearly 700,000 lives a year. Nearly half of all American adults have at least one major risk factor for cardiovascular disease. From heart attacks and strokes to high blood pressure, the threat of cardiovascular disease touches almost every family in our Nation. But while heart conditions can be costly and deadly, they are also often preventable with access to affordable health care, advancements in technology, and lifestyle changes; and

WHEREAS, there is so much we can do to keep advancing our fight against heart disease. As treatments and access to care improve, we can each help to raise awareness of the importance of a healthy heart. Exercising regularly, eating well, managing weight, and avoiding smoking or vaping are proven to reduce the risk of cardiovascular disease. We can save lives by each learning the warning signs of a heart attack or stroke and consulting a doctor if we have risk factors or symptoms.

NOW, THEREFORE, we the City Council of the City of Mission do hereby proclaim the month of February, 2023 as:

“AMERICAN HEART MONTH”

Proclaimed on this the 13th day of February, 2023

Norie Gonzalez Garza, Mayor

Jessica Ortega, Councilwoman

Ruben Plata, Mayor Pro Tem

Abiel Flores, Councilman

Alberto Vela, Councilman