

Proclamation

DECLARING FEBRUARY 2026 AMERICAN HEART HEALTH MONTH

WHEREAS, cardiovascular disease affects men, women, and children of every age and race in the United States and continues to be the leading cause of death nationwide, accounting for more deaths each year than all forms of cancer combined; and

WHEREAS, recent national data indicate that deaths related to heart disease and stroke have increased in recent years, reversing decades of prior improvement and underscoring the ongoing public health urgency surrounding cardiovascular disease prevention and treatment; and

WHEREAS, cardiovascular disease imposes a significant economic burden on the nation, accounting for hundreds of billions of dollars annually in healthcare expenditures and lost productivity, with projected costs expected to exceed one trillion dollars per year by the mid-2030s if current trends continue; and

WHEREAS, despite improvements in awareness and treatment, disparities persist, with women and minority populations experiencing higher risks, delayed diagnosis, and less favorable outcomes, and cardiovascular disease remains the leading cause of death among women and a leading cause of maternal mortality in the United States; and

WHEREAS, women experience unique cardiovascular risks throughout their lives, and as life stages evolve—from adolescence through adulthood, motherhood, and later years—so too do the factors influencing heart health;

NOW, THEREFORE, I, JohnPaul O'Connor, Mayor of the City of Westlake, do hereby proclaim February 2026, as: American Heart Health Month in the City of Westlake.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Westlake, Florida to be affixed this 3rd day of February 2026.

JohnPaul O'Connor, Mayor

ATTEST:

Odet Izquierdo, Acting City Clerk