

## American Heart Month Proclamation

**WHEREAS**, progress has been significant in reducing deaths from heart disease, it is still the number one leading cause of death in both men and women; and

**WHEREAS**, about 2,380 citizens in the U.S. die from cardiovascular diseases each day, accounting for about one death every 40 seconds and about 121.5 million American adults are living with some form of cardiovascular disease; and

**WHEREAS**, in early 2020, the American Heart Association announced its Impact Goal for 2020 to 2030, which was to increase healthy life expectancy equitably by almost 2 years in Americans and by 3 years globally. This visionary goal built on the American Heart Association's previous successes and expanded the focus to increase substantially the number of years people live with good health; and

**WHEREAS**, about 80% 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 citizens to help save lives by calling 9-1-1 if symptoms occur, become trained in CPR, and promote comprehensive automated external defibrillator programs in their communities; and

**WHEREAS**, the American Heart Association is celebrating February 2023 as American Heart Month and promoting education and awareness by encouraging citizens to learn the warning signs of heart attack and stroke; and

**NOW, THEREFORE, BE IT RESOLVED**, that the Harlan County Fiscal Court recognizes the importance of the ongoing fight against heart disease, and hereby proclaims February 2023 to be **American Heart Month** in Harlan County, urging all citizens to recognize the critical importance of recognizing symptoms, taking preventive measures for healthy living, and incorporating tools and skills that will increase survival rates and save thousands of lives each year.



Dan Mosley  
Harlan County Judge/Executive