



## PROCLAMATION

**WHEREAS**, heart disease, including coronary heart disease, hypertension, and stroke, remains the number one cause of death in the United States; and

**WHEREAS**, the American Heart Association reports that coronary heart disease accounts for 1 in 4 deaths in the United States annually, killing over 647,000 people a year; and

**WHEREAS**, heart disease and the risk factors that lead to it can happen at any age. Risk factors include: increasing age, gender, family history, smoking, poor diet, high blood pressure, high cholesterol, diabetes, obesity, physical inactivity, stress, and poor dental health; and

**WHEREAS**, the COVID-19 pandemic has impacted the public's heart health, caused people to delay or avoid going to hospitals for treatment, and contributed to more people engaging in unhealthy lifestyle behaviors such as eating poorly, drinking more alcohol, and limiting physical activity; and

**WHEREAS**, while some risk factors are unchangeable, most are avoidable with behavior modification and lifestyle changes, and keeping our community's residents healthy and promoting awareness of heart disease is important; and

**WHEREAS**, American Heart Month reinforces the importance of heart health and the need for more research, with a reminder to get families, friends, and communities involved in taking the necessary measures to lead a heart-healthy lifestyle.

**NOW, THEREFORE, I**, Meredith Leighty, Mayor of the City of Northglenn, Colorado, do hereby proclaim February 2021 as

## AMERICAN HEART MONTH

in the City of Northglenn and urge all individuals to take decisive action to control their health and support and motivate friends and family members in their efforts to prevent heart disease.

DATED, at Northglenn, Colorado, this 8<sup>th</sup> day of February 2021.

  
MEREDITH LEIGHTY  
Mayor

