



PROCLAMATION

WHEREAS, heart disease is a leading cause of death in the United States, claiming the lives of more than 650,000 people each year; and

WHEREAS, every 39 seconds someone in the United States dies from heart disease. It is the number one killer of women, causing 1 in 3 deaths each year; and

WHEREAS, heart disease continues to be the leading cause of death worldwide, taking more lives than all forms of cancer combined; and

WHEREAS, the American Heart Association encourages people to learn their family medical history and to take control of their heart health by knowing and managing these five numbers: Total Cholesterol; HDL (good) Cholesterol; Blood Pressure; Blood Sugar; and Body Mass Index (BMI) in order to live healthier lives; 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

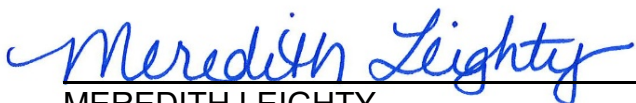
WHEREAS, American Heart Month reinforces the importance of heart health and the need for more research, while bringing awareness to ways we can help reduce our risks such as adopting a healthy lifestyle, maintaining a healthy weight, and striving for regular physical activity each week.

NOW, THEREFORE, I, Meredith Leighty, Mayor of the City of Northglenn, Colorado, do hereby proclaim February 2022 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 improve cardiovascular health and prevent heart disease.

DATED, at Northglenn, Colorado, this 14th day of February 2022.



MEREDITH LEIGHTY
Mayor

