



## PROCLAMATION

- WHEREAS,** heart disease is a leading cause of death in the United States, claiming nearly 700,000 lives 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,** approximately 184,000 people in Colorado have coronary heart disease, and heart disease continues to be the leading cause of death worldwide; and
- WHEREAS,** 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,** women and Black or Hispanic adults who experience cardiac arrest outside a hospital setting are substantially less likely to receive lifesaving care from a bystander. During Black History Month, the American Heart Association is encouraging people to “Be The Beat” for and in their communities by challenging every household or family to have at least one person who knows hands-only CPR; and
- WHEREAS,** CPR, especially if administered immediately after cardiac arrest, can double or triple a person’s chance of survival; 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 exercising regularly, eating well, managing weight, and avoiding smoking.

**NOW, THEREFORE, I,** Meredith Leighty, Mayor of the City of Northglenn, Colorado, do hereby proclaim February 2023 as

### AMERICAN HEART MONTH

in the City of Northglenn and urge all individuals to take action to learn about their heart health, reduce risk factors that can be managed, and learn lifesaving CPR.

DATED, at Northglenn, Colorado, this 13<sup>th</sup> day of February 2023.

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MEREDITH LEIGHTY  
Mayor

