



PROCLAMATION

- WHEREAS,** heart disease remains the leading cause of death for people in the United States, claiming approximately 659,000 lives each year; and
- WHEREAS,** cardiovascular diseases accounted for 1 in 3 deaths in Colorado in 2023, making it the leading cause of death in our state; and
- WHEREAS,** American Heart Month is a vital opportunity to raise awareness about heart health and empower people to take proactive steps to prevent heart disease; and
- WHEREAS,** American Heart Month includes Congenital Heart Defect (CHD) Awareness Week February 7-14. Congenital heart defects are America's most common birth defect, affecting nearly 40,000 babies each year in the U.S., which means approximately every 15 minutes, a baby is born with a congenital heart defect; and
- WHEREAS,** Congenital Heart Defect Awareness Week promotes awareness and education about congenital heart defects, initiatives to improve newborn screening, and funding needed to research the causes of birth defects and provide advancements in medicine and treatment to enable infants to live into adulthood; and
- WHEREAS,** it is essential for individuals to know their risk factors and take action to live a heart-healthy lifestyle, including regular physical activity, a heart-healthy diet, maintaining a healthy weight, avoiding smoking, managing stress, getting regular check-ups from healthcare professionals, and knowing the signs of congenital heart disease in infants and children; and
- WHEREAS,** these special observances provide an opportunity for families who have been affected by heart disease and congenital heart defects to celebrate life, remember loved ones they have lost, honor healthcare professionals, and share information with the public.

NOW, THEREFORE, I, Meredith Leighty, Mayor of the City of Northglenn, Colorado, do hereby proclaim February 2024 as

AMERICAN HEART MONTH

in the City of Northglenn and urge all residents to prioritize their health by adopting healthy lifestyles and support initiatives that promote heart disease awareness and prevention.

DATED, at Northglenn, Colorado, this 12th day of February 2024.

MEREDITH LEIGHTY
Mayor

