



PROCLAMATION

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

WHEREAS, cardiovascular disease is the number one killer of women, causing 1 in 3 deaths each year; and

WHEREAS, approximately every 40 seconds, an American will have a heart attack, and heart disease kills more people than all forms of cancer combined; and

WHEREAS, evidence-based research has identified several critical risk factors that contribute to heart disease, including elevated blood pressure and cholesterol, physical inactivity, excess body weight, high salt intake, smoking, age, and family history; and

WHEREAS, while some risk factors are unchangeable, most are avoidable with behavior modification and lifestyle changes such as eating a healthy diet, moderating alcohol consumption, exercising regularly, and avoiding smoking; 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 2020 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.

DATED, at Northglenn, Colorado, this 10th day of February 2020.

MEREDITH LEIGHTY
Mayor

