

Office of the Mayor



# Proclamation

American Heart Month

February 2024

- WHEREAS,** diseases of the heart are the nation's leading cause of death for both men and women in the United States of America and worldwide; and
- WHEREAS,** cardiovascular disease is the number one killer of women, causing 1 in 5 deaths each year; and
- WHEREAS,** every 39 seconds someone in the United States dies from heart disease and every 80 seconds a woman dies from heart disease; and
- WHEREAS,** nearly as many women die of heart disease, stroke and all other cardiovascular diseases than the next four leading causes of death combined; including all cancers; and
- WHEREAS,** the risk factors for heart disease include diabetes mellitus, high cholesterol, high blood pressure, overweight/obesity, physical inactivity and poor nutrition; and
- WHEREAS,** **February 2024** is American Heart Month and **February 2, 2024** is **National Wear Red Day**; and
- WHEREAS,** Go Red For Women is the American Heart Association's national call to increase awareness about heart disease – the leading cause of death for women – and to inspire women to take charge of their heart health and reduce risk;

**NOW, THEREFORE, be it resolved, that I, Stephen Dalina, Mayor of the Township of Monroe, do hereby proclaim FEBRUARY 2024 as American Heart Month and urge all citizens to "Go Red" on Friday, February 2, 2024 in the Township of Monroe.**

Dated: February 1, 2024

  
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Stephen Dalina, Mayor