



## **2020 American Heart Month Proclamation**

**WHEREAS**, while progress has been significant in reducing deaths from heart disease, it is still the No. 1 killer of both women and men; and

**WHEREAS**, cardiovascular diseases are the nation's leading cause of death and costliest disease with direct and indirect costs in the U.S. estimated to be \$329.7 billion and nearly 836,546 people in the U.S. die each year from heart disease, stroke and other cardiovascular diseases, or about one of every three deaths in America; and

**WHEREAS**, about 2,300 in the U.S. die from cardiovascular diseases each day, accounting for about one death every 38 seconds and about 92.1 million American adults are living with some form of cardiovascular disease or the after-effects of stroke; and

**WHEREAS**, the American Heart Association's 2020 Impact Goal seeks to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent through research, population- and community-level interventions, public health and policy measures; and

**WHEREAS**, about 80% of cardiovascular disease may be prevented through everyday healthy living steps, including physical activity, good nutrition, not smoking, maintaining healthy weight, and controlling blood pressure, cholesterol and blood glucose levels;

**WHEREAS**, the American Heart Association encourages citizens to help save lives by calling 9-1-1 if symptoms occur, become trained in CPR, and promote comprehensive automated external defibrillator programs in their communities; and

**WHEREAS**, the American Heart Association is celebrating February 2020 as American Heart Month and promoting education and awareness by encouraging citizens to learn the warning signs of heart attack and stroke;

**NOW, THEREFORE, BE IT RESOLVED, BY THE COMMISSIONERS COURT OF NUECES COUNTY**, that the court hereby recognizes the importance of the ongoing fight against heart disease, do hereby proclaim February 2020 to be **AMERICAN HEART MONTH** in Nueces County and urge all citizens to recognize the critical importance of recognizing symptoms, taking preventive measures to live healthy, and incorporating tools and skills that will increase survival rates and save thousands of lives each year.

**DULY ADOPTED BY VOTE OF THE COMMISSIONERS COURT OF NUECES COUNTY, TEXAS, ON THIS THE 12<sup>TH</sup> DAY OF FEBRUARY, 2020.**



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**BARBARA CANALES**  
Nueces County Judge

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**CAROLYN VAUGHN**  
Commissioner, Precinct 1

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**JOE A. GONZALEZ**  
Commissioner, Precinct 2

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**JOHN MAREZ**  
Commissioner, Precinct 3

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**BRENT CHESNEY**  
Commissioner, Precinct 4

ATTEST:

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**KARA SANDS**, County Clerk