

WHEREAS, the American Heart Association has stated that heart disease (including Coronary Heart Disease, Hypertension, and Stroke) continues to be the No. 1 cause of death for men and women in the United States; and

WHEREAS, the American Heart Association also states that coronary heart disease accounts for 1 in 4 deaths in the United States annually, killing over 659,000 people a year; and

WHEREAS, the Florida Department of Health reported that in 2020, heart disease was the leading cause of death in Florida and accounts for over 21% of all deaths; and

WHEREAS, according to the Florida Department of Health's Bureau of Vital Statistics, during 2020, St. Lucie County ranked 49 out of 67 counties with the highest heart disease mortality rate; and

WHEREAS, risk factors for heart disease include high blood pressure, high cholesterol, prediabetes, diabetes, smoking, secondhand smoke exposure, tobacco use, physical inactivity, poor nutrition and obesity; and

WHEREAS, the Center for Disease Control and Prevention (CDC) states that heart disease and the conditions that lead to it can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life; and

WHEREAS, people can take action to protect their heart health and prevent heart disease by taking steps to prevent and control the risk factors for the disease, making healthier choices, being more active, and managing their health conditions; and

WHEREAS, keeping our community's residents healthy and promoting awareness of important health issues, including heart disease, is an important responsibility and depends on the actions of many organizations and groups in our community; and

NOW, THEREFORE, I, Linda Hudson, Mayor of the City of Fort Pierce, Florida, do hereby proclaim the month of February as:

American Heart Month

in the City of Fort Pierce and encourage our citizens to raise awareness of heart disease and to participate in preventative health screenings.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Official Seal of the City of Fort Pierce, Florida, to be affixed this 7th day of February 2022.

MAYOR/COMMISSIONER