

West Deptford Township

Proclamation

WHEREAS, diseases of the heart are the nation's leading cause of death, and stroke is the third leading cause of death; and

WHEREAS, cardiovascular diseases claim the lives of more than 422,000 American females (about one death per minute) each year; and each year, 52 percent of all deaths due to cardiovascular disease and 60 percent of stroke deaths occur in females; and

WHEREAS, in 2008 the estimated direct and indirect cost of cardiovascular diseases and stroke in the United States is estimated at \$289 billion; 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 only 16 percent of women surveyed in 2009 identified cardiovascular disease as the greatest health problem facing them; and

WHEREAS, February is designated as American Heart Month; and "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

WHEREAS, all women should learn their own personal risk for heart disease, using tools such as the American Heart Association's My Life Check, Go Red for Women Heart Check Up, Go Red for Women Better U and by talking to their healthcare provider.

WHEREAS, making the right choices relating to proper nutrition, physical activity, and other healthy lifestyle choices are essential to living a heart healthy life; and by choosing to **MAKE IT YOUR MISSION!** You can save lives.

NOW, THEREFORE, BE IT RESOLVED that I, Denice DiCarlo, Mayor, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 5, 2016, to be

"NATIONAL WEAR RED DAY FOR WOMEN"

in West Deptford Township and urge all citizens to "go red" for the day and wear red on February 5, 2016 to call attention to the magnitude of cardiovascular disease in women, and as a show of support to fight it, as well as in recognition of family, friends and neighbors who have suffered from cardiovascular disease. By increasing awareness of the risk factors for this devastating disease and taking actions to reduce them, we can save thousands of lives each year.

ADOPTED this 3rd day of February 2016.



DENICE DICARLO, MAYOR