

**PROCLAMATION
CITY OF COLLEGE PARK
WOMEN'S HEART HEALTH MONTH**

- WHEREAS,** The American Heart Association's Go Red for Women movement was launched in 2004 with the goal of raising awareness and fighting a woman's greatest health threat — cardiovascular disease; and
- WHEREAS,** cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year; and
- WHEREAS,** cardiovascular disease impacts some women at higher rates than others, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes; and
- WHEREAS,** heart disease affects the blood vessels and cardiovascular system and can take many forms like congestive heart failure, abnormal rhythm of the heart, as well as heart valve problems. Cardiovascular diseases, which includes stroke, claim the life of a woman about every 80 seconds, but about 80 percent of cardiovascular diseases may be prevented; and
- WHEREAS,** maintaining a healthy diet and regular physical activity can reduce the risk for heart disease by as much as 80 percent. Heart disease and stroke can affect a woman at any age, making it crucial to understand personal risk factors and family history. Women can also experience unique life events that can impact their risk, including pregnancy and menopause, making it important for women to understand the mind-body connection and how to focus on improving both their physical health and mental well-being; and
- WHEREAS,** the American Heart Association's Go Red For Women® movement encourages women to learn their family history and to meet with a healthcare provider to determine their risk for heart disease and stroke.

NOW, THEREFORE, I, Patrick L. Wojahn, Mayor of the City of College Park, proclaim February as Women's Heart Health month, and encourage residents to take charge of their heart health.

PROCLAIMED THIS 14th DAY OF February, 2023.

Patrick L. Wojahn, Mayor
City of College Park, Maryland