



2017 American Heart Month Proclamation

By the Guilford County Board of Commissioners  
Guilford County, North Carolina

**WHEREAS**, American Heart Month is a federally designated month in the United States; therefore, we hereby recognize and acknowledge that cardiovascular disease remains the single leading cause of death in the United States as well as globally, affecting people of all races and ethnicities; and

**WHEREAS**, The American Heart Association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke by educating the public that cardiovascular disease is largely preventable by adhering to "Life's Simple 7": not smoking, being physically active, maintaining a healthy body weight, eating a healthy diet, controlling blood pressure, controlling cholesterol and controlling blood sugar; and

**WHEREAS**, the County's public health department in support and partnership with the American Heart Association, will play a critical role in educating Guilford County residents of cardiovascular risk factors and preventive healthy behaviors by implementing the "Happy Heart" program throughout this calendar year;

**WHEREAS**, this issue should be addressed with urgency by encouraging residents to reduce cardiovascular disease by modifying their own personal behaviors and inspiring friends, coworkers and family members to embrace heart healthy habits as well; and

**WHEREAS**, during American Heart Month, we remember those whom we have lost to this devastating disease by educating the public about potential risk factors, promoting healthier lifestyles and our continued support of the fight against the effects of cardiovascular disease in all of Guilford County residents.

**Now, therefore, be it resolved** that Guilford County Board of Commissioners  
do hereby proclaim February 2017 as

**AMERICAN HEART MONTH**

This Board encourages all Guilford County residents to take steps to protect and promote the health and wellbeing of their families by making healthy personal lifestyle choices, seeking regular preventative health care and logging on to [www.myguilford.com](http://www.myguilford.com) for information and suggestions for maintaining and improving health.

IN WITNESS WHEREOF, I hereunto set my  
hand to this proclamation this 23rd day of February

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Jeff Phillips, Chair  
Guilford County Board of Commissioners