



City of Mission Viejo

Proclamation

A Proclamation of the City Council of the City
of Mission Viejo Proclaiming
The Month of February, 2017 to Be

American Heart Month

WHEREAS, cardiovascular diseases kill one in three women in the U.S., yet eighty percent of cardiovascular diseases may be prevented; and

WHEREAS, cardiovascular diseases and stroke kill one woman every 80 seconds in the U.S.; and

WHEREAS, an estimated 44 million women in the U.S. are affected by cardiovascular diseases; and

WHEREAS, ninety percent of women have one or more risk factors for developing heart disease or stroke; and

WHEREAS, women are less likely to call 911 for themselves when experiencing symptoms of a heart attack than they are if someone else were having a heart attack; and

WHEREAS, only 36% of African American women and 34% of Hispanic women know that heart disease is their greatest health risk, compared with 65% of Caucasian women; and

WHEREAS, the American Heart Association's Go Red For Women® movement motivates women to learn their family history and to meet with a healthcare provider to determine their risk for cardiovascular diseases and stroke; and


WHEREAS, women involved with the Go Red For Women movement live healthier lives; and

WHEREAS, Go Red For Women encourages women to take control of their heart health by knowing and managing these five numbers:

1. Total Cholesterol
2. HDL (good) Cholesterol
3. Blood Pressure
4. Blood Sugar
5. Body Mass Index (BMI)

NOW, THEREFORE, I Mayor Wendy Bucknum, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim the Month of February, 2017 as American Heart Month in Mission Viejo.

February 14, 2017


Wendy Bucknum, Mayor