

**WHEREAS**, in 1963, President Lyndon B. Johnson, under Presidential Proclamation 3566, established American Heart Month in acknowledgment of the importance of the ongoing fight against cardiovascular disease; and

**WHEREAS**, heart disease kills over 650,000 Americans per year, which is the highest cause of death and affects all ages, genders, and ethnicities, but is also among the most preventable; and

**WHEREAS**, in most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity per week, and getting regular checkups; and

**WHEREAS**, American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that reduce the risk of heart disease; and

**WHEREAS**, the warning signs for heart disease have been known to appear when people are as young as 18 years old; and

**WHEREAS**, high blood pressure should be taken seriously, getting 30 minutes of exercise daily is encouraged, and talking with your doctor to develop healthy eating habits will help fight against heart disease.

**NOW, THEREFORE, BE IT RESOLVED** that the City Commission of the City of Coconut Creek, Florida, hereby proclaims the month of February 2022, as

***“AMERICAN HEART MONTH”***

in the City of Coconut Creek and encourages residents to take an active role in their heart health.

**IN WITNESS WHEREOF, we have hereunto  
set our hands and caused the seal of the  
City of Coconut Creek to be affixed this  
10<sup>th</sup> day of February 2022.**