

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 occurs when the arteries leading to the heart become clogged, which is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States, accounting for one (1) in every five (5) deaths per year; and

WHEREAS, risk factors for heart disease include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol abuse and the warning signs for heart disease, which have been known to appear when people are as young as 18 years old, should be taken seriously; 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.

NOW, THEREFORE, BE IT RESOLVED that the City Commission of the City of Coconut Creek, Florida, hereby proclaims the month of February 2023 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
9th day of February 2023.**