



American Heart Association-American Heart Month Go Red for Women Day- February 4, 2022

WHEREAS, the first American Heart Month, which took place in February 1964, was Proclaimed by President Lyndon B. Johnson on December 30, 1963 and the Congress, by joint resolution on that date, requested the President to issue annually a proclamation designating February as American Heart Month; and

WHEREAS, on the first Friday of every February is federally designated as American Heart Month and the nation comes together, igniting a wave of red from coast to coast, as Cardiovascular disease knows no borders. **GO RED DAY** is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved; and

WHEREAS, heart disease is the No. 1 killer of women, killing more women than all forms of cancer combined, but only 36% of African American women, 34% of Hispanic Women and 65% of Caucasian women know that heart disease is their greatest health risk; and

WHEREAS, ninety percent of women have one or more risk factors for developing heart disease or stroke but women are less likely to call 911 for themselves when experiencing symptoms of a heart attack; 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, Go Red for Women encourages women to take control of their heart health by knowing and managing these five numbers-Total Cholesterol; HDL Cholesterol; Blood Pressure, Blood Sugar, and Body Mass Index- in a movement to live healthier lives.

NOW, THEREFORE, I Richard M. Onderko, Mayor of the Borough of Manville, County Of Somerset, State of New Jersey along with the Council hereby proclaim February as American Heart Month in the Borough of Manville and urge all citizens to show their support for women and the fight against heart disease by increasing awareness, speaking out about heart disease, and empowering women to reduce their risk for cardiovascular disease.

Borough of Manville

Richard M. Onderko, Mayor

Councilman Branden Agans
Council President Joseph A. Lukac, III
Councilwoman Barbara Madak

Councilwoman Suzanne Maeder
Councilman Ted Petrock
Councilman Stephen Szabo

Read into the Record: February 14, 2022

