

# PROCLAMATION

- WHEREAS,** diseases of the heart are the nation’s leading cause of death, and stroke is the third leading cause of death; and
- WHEREAS,** cardiovascular disease claims the lives of nearly 460,000 American females each year, approximately one death per minute; and
- WHEREAS,** each year, 53% of all deaths due to cardiovascular disease and 61% of stroke deaths occur in females; and
- WHEREAS,** in 2010, the direct and indirect cost of cardiovascular diseases in the United States, including stroke, is estimated to be \$503.2 billion; and
- WHEREAS,** nearly as many women die of heart disease, stroke, and all other cardiovascular diseases than the next five leading causes of death combined, including all cancers; and
- WHEREAS,** only 21% of women consider cardiovascular disease their greatest health risk; and
- WHEREAS,** February is designated as American Heart Month; and
- WHEREAS,** February 5, 2010 was designated “National Wear Red Day”. All citizens were encouraged to wear red in support for **Go Red for Women**; and
- WHEREAS,** **Go Red for Women** is the American Heart Association’s national call to increase awareness about heart disease – the leading cause of death for women – and to inspire women to take charge of their heart health; and
- WHEREAS,** all women should learn their own personal risk for heart disease, using tools such as the American Heart Association’s **Go Red For Women** Heart Checkup, **Go Red for Women** Better U, and by talking to their healthcare provider; and
- WHEREAS,** making the right choices relating to proper nutrition, physical activity, and other lifestyle methods is essential to living a heart healthy life.

**NOW, THEREFORE, I, FRANK SCOTTO, as Mayor of the City of Torrance, California,** do hereby proclaim the month of February 2010 as

## **AMERICAN HEART MONTH**

in the City of Torrance, and urge all citizens to show their support for women and save thousands of lives each year by increasing their awareness, speaking up about heart disease and empowering women to reduce their risk for cardiovascular disease.

Signed this 9th day of February 2010.

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Mayor Frank Scotto

ATTEST:

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Sue Herbers, City Clerk

