

PROCLAMATION

WHEREAS: A joint Congressional resolution on December 30, 1963, called upon the president to issue an annual proclamation, designating February as American Heart Month. Since that time, the fight against preventable cardiovascular disease for all Americans continues; and

WHEREAS: In support of this observance, many organizations also recognize the first Friday in February as National Wear Red Day; and

WHEREAS: Heart disease can affect persons of any age. According to the U.S. Centers for Disease Control and Prevention (CDC), half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol and smoking); and

WHEREAS: Other conditions and behaviors that may affect a person's risk for heart disease include obesity, diabetes, physical inactivity and unhealthy eating habits. The CDC recommends that individuals exercise at least 150 minutes per week and eat a diet that is low in trans-fat, saturated fat, added sugar and sodium; and

WHEREAS: In 2015, the City of Jacksonville embarked on a "Journey to One" health initiative to improve citizen wellness and health outcomes countywide. The Mayorthon and Jax Mayorthon Kids' Club (coj.net/Mayorthon) support this mission by encouraging and promoting healthy lifestyles for all ages, featuring activities and strategies to increase physical activity and eat nutritional meals.

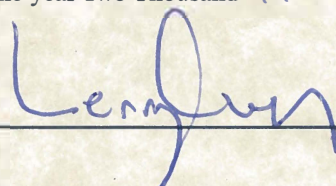
NOW, THEREFORE, I, LENNY CURRY, by virtue of the authority vested in me as mayor of Jacksonville, Florida, do hereby proclaim February 2019 as

HEART HEALTH MONTH

in Jacksonville and encourage all citizens to increase awareness of heart disease risks by wearing red on February 1 and engaging in practices that protect their cardiovascular health.



IN WITNESS THEREOF, this 25th day of January
in the year Two Thousand 19


MAYOR

CITY OF JACKSONVILLE, FLORIDA