

RESOLUTION NO. RS2019-1602

A Resolution recognizing February 2019 as American Heart Month in Nashville and Davidson County.

WHEREAS, while progress has been significant in reducing deaths from heart disease, it is still the number 1 killer of both women and men; and

WHEREAS, cardiovascular diseases are the nation's leading cause of death and costliest disease with direct and indirect costs in the U.S. estimated to be \$316.6 billion; and

WHEREAS, about 844,000 people in the U.S. die each year from heart disease, stroke and other cardiovascular diseases, or about one of every three deaths in America; and

WHEREAS, about 2,300 people in the U.S. die from cardiovascular diseases each day, accounting for about one death every 38 seconds; and

WHEREAS, approximately 92.1 million American adults are living with some form of cardiovascular disease or the after-effects of stroke; and

WHEREAS, in Davidson County, more than 53,000 people are living with diabetes, more than 132,000 people are living with high blood pressure, and more than 96,000 people are living with high cholesterol; and

WHEREAS, the American Heart Association's 2020 Impact Goal seeks to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent through research, population and community-level interventions, and public health and policy measures; and

WHEREAS, about 80% of cardiovascular disease may be prevented through everyday healthy living steps, including physical activity, good nutrition, not smoking, maintaining a healthy weight, and controlling blood pressure, cholesterol and blood glucose levels; and

WHEREAS, the American Heart Association encourages citizens to help save lives by calling 9-1-1 if symptoms occur, becoming trained in CPR, and by promoting comprehensive automated external defibrillator programs in their communities; and

WHEREAS, the American Heart Association is recognizing February 2019 as American Heart Month and promoting education and awareness by encouraging citizens to learn the warning signs of heart attack and stroke; and

WHEREAS, it is fitting and proper that the Metropolitan Council, in acknowledgment of the importance of the ongoing fight against heart disease, hereby recognize February 2019 as American Heart Month in Nashville and Davidson County, and urge all citizens to know the critical importance of recognizing symptoms, taking preventative measures to live healthy, and incorporating tools and skills that will increase survival rates and save thousands of lives each year.

NOW, THEREFORE, BE IT RESOLVED BY THE COUNCIL OF THE METROPOLITAN GOVERNMENT OF NASHVILLE AND DAVIDSON COUNTY:

Section 1. That the Metropolitan Council hereby goes on record as recognizing February 2019 as American Heart Month.

Section 2. The Metropolitan Council Office is directed to prepare a copy of this Resolution to be presented to the American Heart Association.

Section 3. This Resolution shall take effect from and after its adoption, the welfare of the Metropolitan Government of Nashville and Davidson County requiring it.

INTRODUCED BY:

Burkley Allen

Erica Gilmore
Members of Council