



WHEREAS, heart disease remains a leading cause of mortality worldwide, affecting individuals of all ages, genders, and backgrounds. Every year, it cuts short the lives of nearly 700,000 Americans and nearly half of all American adults have at least one major risk factor for cardiovascular disease; and,

WHEREAS, the American Heart Association (AHA) has been at the forefront of efforts to promote cardiovascular health, fund groundbreaking research, and raise awareness about the importance of heart-healthy lifestyles, and in 2024, the AHA celebrates its 100th Anniversary; and,

WHEREAS, heart disease is largely preventable through education, early detection, access to good healthcare, and the adoption of healthy habits such as regular physical activity, balanced nutrition, and avoiding tobacco; and,

WHEREAS, the AHA plays a crucial role in advocating for policies and initiatives that support heart health, ensuring access to quality healthcare, and addressing disparities in cardiovascular outcomes; and,

WHEREAS, the AHA's commitment to research has paved the way for advancements in medical treatments and interventions, saving countless lives and improving the quality of life for those affected by heart-related conditions; and,

WHEREAS, the month of February has been designated as American Heart Month, providing an opportunity for individuals, communities, and organizations to join together in promoting heart health and prevention awareness.

NOW, THEREFORE, BE IT ORDAINED that the Gaston County Board of Commissioners hereby proclaims February 2024 as

American Heart Month

and urges all its citizens to take proactive steps to prioritize their cardiovascular health, support the mission of the American Heart Association, and work towards a future that is free from the burden of heart disease.

Chad Brown, Chairman

Cathy Cloninger

Kim Johnson

Allen R. Fraley

Tom Keigher

Bob Hovis, Vice-Chairman

Ronald E. Worley

To be Adopted the 27th day of February 2024