



PROCLAMATION

Recognition of American Heart Month

WHEREAS, every day, untold numbers of our friends, relatives, neighbors, and coworkers are affected by the devastating affliction of heart disease. As the Nation's leading cause of death, cardiovascular disease has stolen infinite lives, crushed countless families, and imposed unimaginable heartbreak upon Americans of every walk of life; and

WHEREAS, this American Heart Month, we mourn those we have lost and recommit ourselves to ending the deadly plight of heart disease once and for all; and

WHEREAS, thanks to advancements in medicine, science, and technology, our nation has made tremendous strides in combatting heart disease and the American people are now better equipped than ever before to receive lifesaving treatments, respond to medical complications, and modify behavior and habits to ensure they can lead long and healthy lives; and

WHEREAS, even one soul lost to heart disease is a tragedy beyond comprehension. To that end, our government will work diligently to save lives, lower healthcare costs, and foster a stronger, safer, and healthier future for every citizen; and

WHEREAS, the first step in confronting the cardiac disease crisis is taking concrete action to lower the odds of diagnosis and encouraging those in our lives to take all necessary measures to root out unhealthy habits; and

WHEREAS, research has consistently shown that risk factors contributing to heart disease include obesity, high blood pressure and cholesterol, lack of exercise, excessive alcohol use, and smoking. Making small adjustments to our health and routines can yield extraordinary and even life-saving results. As Americans, we owe it to ourselves and our families to take care of our bodies; and

WHEREAS, as we enter into this American Heart Month, let us seek to improve our health, lengthen our lives, and nurture a culture, a government, and a nation that upholds the dignity of life and protects the human heart.

NOW, THEREFORE, BE IT PROCLAIMED that I, Paloma Aguirre, Mayor of the City of Imperial Beach, together with the City Council, hereby recognize February 2025 as **"American Heart Month"** in the City of Imperial Beach.

Dated: February 19, 2025

Paloma Aguirre, Mayor