

## 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 diseases (CVD) claim the lives of more than 455,000 American females each year (about one death per minute); and

**Whereas**, each year, 53 percent of all cardiovascular disease deaths occur in females, as compared to 47 percent in men, and about 30,400 more females than males die from a stroke; and

**Whereas**, in 2009 the direct and indirect cost of cardiovascular diseases and stroke in the U.S. is estimated at \$475 billion; and

**Whereas**, more women die of cardiovascular disease than the next five leading causes of death combined, including all cancers; and

**Whereas**, one in 2.7 women die from cardiovascular disease and 64 percent of women who die suddenly from coronary heart disease have no previous symptoms; and

**Whereas**, February is designated as American Heart Month; and

**Whereas**, Go Red For Women® is the American Heart Association's national movement and call to increase awareness about heart disease – the leading cause of death for women – and to empower women to make choices and take action to reduce that risk; and

**Whereas**, all women should learn their own personal risk for heart disease, using tool such as the American Heart Association's Go Red For Women Heart CheckUp and by talking to their healthcare provider.

**Now, Therefore, I, Mayor Albert S. Ellis**, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 5, 2010 to be

### **“Wear Red Day for Women”**

in the Borough of Watchung and commend all employees and citizens who wore red on February 5th in an effort to call attention to the magnitude of cardiovascular disease in women, and as a show of support to fight it, as well as in recognition of family, friends and neighbors who have suffered from cardiovascular disease, and by increasing awareness of the risk factors we can save thousands of lives each year.

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Mayor

Date: February 11, 2010