

Proclamation



February as Women's Heart Health Month

Whereas, the Borough of Barrington celebrates the extraordinary progress in women's heart health and recognizes that more needs to be done to safeguard women's health for generations to come.

Whereas, Heart disease is the #1 killer of women and one in four American women dies of heart disease.

Whereas, Most women do not know that heart disease is a woman's problem and they do not take it seriously.

Whereas, The risk factors for heart disease are smoking, high blood pressure, high cholesterol, overweight/obesity, physical inactivity, diabetes, a family history of early heart disease, and age.

Whereas, Women can promote their own heart health and prevent disease and illness by taking steps to prevent and control the heart disease risk factors.

Whereas, Keeping women healthy and promoting awareness of women's health issues, including heart health, is an important responsibility and depends on the actions of many organizations and groups in our community.

Whereas, Women's health remains a priority for families, communities, and government, and our commitment to keeping women healthy is stronger than ever.

Whereas, *The Heart Truth* campaign and its Red Dress symbol are building awareness of women's heart disease risk and empowering them to reduce their risk and prevent heart disease.

Therefore, Barrington women need to take action to make heart health a priority for themselves and their families, become aware of their heart disease risk, and take action to control their risk.

Now, therefore, I, Mayor John D. Rink do hereby proclaim February as Women's Heart Health month and encourage all citizens to work together to promote and improve the health of women and increase awareness and understanding of women and heart disease.

February 9, 2010

Attest:

Mayor John D. Rink

Terry Shannon, Borough Clerk