

**RESOLUTION 2022 – 3**

**PROCLAIMING FEBRUARY AS HEART HEALTH LITERACY MONTH IN  
MASON**

**WHEREAS**, February is the federally designated American Heart Health Month, a tradition for over a half of century, that focuses individual and community attention on cardiovascular health , the No. 1 killer of Americans; and

**WHEREAS**, over 120 million people in the U.S. have cardiovascular disease; and

**WHEREAS**, Heart Health Literacy Month highlights the importance of the need for more research, awareness, and education regarding personal heart health; and

**WHEREAS**, the first Friday of the month, Feb. 4, 2022, National Wear Red Day, is supported by the American Heart Association and celebrated throughout the world in conjunction with Heart Health Month, focusing specifically on raising awareness of heart disease and stroke risk factors; and

**WHEREAS**, the City of Mason will lead a Heart Health Initiative this February in collaboration with the American Heart Association, as well as corporate and startup partners to raise awareness and heart health literacy among residents and businesses; and

**WHEREAS**, the City of Mason is developing a strong biohub of technology and biohealth businesses pursuing interventions and diagnostic solutions that are leading cardiac medical advances and disrupting traditional standards of care in Mason; and

**WHEREAS**, Mason-based companies AtriCure (innovating to treat and eradicate Afib and related conditions globally) and Genetesis (developing breakthrough technology to help detect irregular heart conditions) are leading the way; and

**WHEREAS**, most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure where more than 80% of the cardiovascular diseases are preventable.

**NOW, THEREFORE**, I, Barbara Spaeth, Mayor of Mason, Ohio, on behalf of the Mason City Council, do hereby proclaim February as Heart Health Literacy Month and thereby call upon the community to increase awareness, seek education, and grow understanding of cardiovascular disease in order to maintain heart health as part of the City’s mission of building a culture of wellness in the community.

Passed this 14<sup>th</sup> day of February, 2022.

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Mayor

Attest:

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Clerk of Council