

Office of the Mayor



# Proclamation

American Heart Month  
February 2025

**WHEREAS,** diseases of the heart are the nation's leading cause of death for both men and women in the United States of America and worldwide; and

**WHEREAS,** cardiovascular disease is the number one killer of women, causing 1 in 5 deaths each year; and

**WHEREAS,** every 39 seconds someone in the United States dies from heart disease and every 80 seconds a woman dies from heart disease; and

**WHEREAS,** nearly as many women die of heart disease, stroke and all other cardiovascular diseases than the next four leading causes of death combined; including all cancers; and

**WHEREAS,** the risk factors for heart disease include diabetes mellitus, high cholesterol, high blood pressure, overweight/obesity, physical inactivity and poor nutrition; and

**WHEREAS,** February 2025 is American Heart Month and February 7, 2025 is **National Wear Red Day**; and

**WHEREAS,** Go Red For Women is the American Heart Association's national call to increase awareness about heart disease – the leading cause of death for women – and to inspire women to take charge of their heart health and reduce risk;

**NOW, THEREFORE,** be it resolved, that I, **Stephen Dalina**, Mayor of the Township of Monroe, do hereby proclaim **FEBRUARY 2025 as American Heart Month** and urge all citizens to **"Go Red"** on **Friday, February 7, 2025** in the Township of Monroe.

Dated: February 1, 2025

  
Stephen Dalina, Mayor