

Legislation Text

File #: 230069, **Version:** 0

Recognizing February 2023 as American Heart Month and honoring the American Heart Association of Philadelphia for its work in providing health resources in Philadelphia, emphasizing the importance of heart health, and encouraging a healthy greater Philadelphia.

WHEREAS, Cardiovascular disease (CVD) is the leading cause of death in African Americans. Life expectancy is about 3.4 years shorter in African Americans than whites and CVD has been estimated to explain about 30-40% of the difference in mortality; and

WHEREAS, The higher prevalence of traditional cardiovascular risk factors such as hypertension, diabetes, obesity and atherosclerotic cardiovascular risk underlies the relatively earlier age of onset of cardiovascular diseases among African Americans; and

WHEREAS, Diabetes, smoking, high blood pressure, high blood cholesterol, physical inactivity, obesity and a family history of heart disease are all greatly prevalent among African Americans and are major risk factors for heart disease and stroke; and

WHEREAS African American women have almost two times the risk of stroke than Caucasians, and more likely to die at an earlier age when compared to women of other ethnicities; and

WHEREAS, Cardiovascular diseases kill nearly 20,000 African American women annually, yet 1 in 5 African American women believes she is personally at risk; and

WHEREAS, Only 52 percent of African American women are aware of the signs and symptoms of a heart attack and only 36 percent of African American women know that heart disease is their greatest health risk; and

WHEREAS, More than 40 percent of non-Hispanic blacks have high blood pressure, which is more severe in blacks than whites, and develops earlier in life; and

WHEREAS, Because of higher obesity and diabetes rates among African American women are at greater risk for high blood pressure and heart disease. But for many African American women, particularly those who consider themselves perfectly healthy, perception may not always equal reality; now, therefore, be it

RESOLVED, BY THE COUNCIL OF THE CITY OF PHILADELPHIA, Does hereby recognize, February 2023 as American Heart Month, and honoring the American Heart Association of Philadelphia for their work in providing health resources in Philadelphia, emphasizing the importance of heart health, and encouraging a healthy lifestyle.