

Legislation Text

File #: 100625, **Version:** 0

Recognizing September as National Cholesterol Education Month.

WHEREAS, High blood cholesterol effects one third of the country and is one of the major risk factors for heart disease and heart attacks; and

WHEREAS, Heart disease is the number one killer of women and men in the United States; and

WHEREAS, An estimated 80,000,000 adult Americans, nearly one in every 3, have one or more types of heart disease, including high blood pressure, coronary heart disease, congestive heart failure, stroke, and congenital heart defects; and

WHEREAS, High cholesterol usually does not have any symptoms; and

WHEREAS, Studies indicate that Americans can modify, treat, or control high blood cholesterol by changing their lifestyle, seeking appropriate medical treatment for high blood pressure and cholesterol, discontinuing smoking, increasing physical activity and developing a healthier diet; and

WHEREAS, The American Heart Association and the National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years; and

WHEREAS, The National Heart, Lung, and Blood Institute of the National Institutes of Health educates citizens on how to prevent and control high blood cholesterol; now, therefore, be it

RESOLVED, BY THE COUNCIL OF THE CITY OF PHILADELPHIA, That we hereby recognize September as National Cholesterol Education Month.