

Legislation Text

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Recognizing February 2021 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.

WHEREAS, Heart disease is the leading cause of death in the United States, taking about 655,000 lives every year from heart disease and 1 life every 36 seconds from cardiovascular disease; and

WHEREAS, Heart disease is the leading cause of death in Philadelphia and takes lives at a higher rate in Philadelphia than any other big city in the country; and

WHEREAS, People with cardiovascular disease are twice as likely to experience serious COVID-19 illness; and

WHEREAS, The COVID-19 lockdown has caused an increase of unhealthy behaviors, such as unhealthy eating and decreased physical activity, both of which increase risk of heart disease; and

WHEREAS, The American Heart Association created the “Don’t Die of Doubt” campaign to encourage people to continue going to the hospital when experiencing heart disease symptoms, for many people have deferred important visits due to COVID-19; and

WHEREAS, Only about 56% of women are aware that heart disease is their leading cause of death. Therefore, the American Heart Association created the “Go Red for Women” initiative to raise awareness for the 1 in 3 women that suffer from cardiovascular disease and advocate for positive change in the lives of other women; and

WHEREAS, Approximately 80% of cardiovascular diseases are preventable through heart health education, healthy food resources, and opportunities to stay active; and

WHEREAS, The American Heart Association has collaborated with many local Philadelphia organizations to provide free healthy meals and produce, health education resources, blood pressure screenings, bystander CPR education, and quality health care which have improved many lives; and

WHEREAS, Through an increase in heart health awareness and healthy lifestyle choices, Philadelphians can prevent heart disease and live longer, healthier lives; now, therefore, be it

RESOLVED, THAT THE CITY COUNCIL OF PHILADELPHIA, Hereby recognizes February 2021 as

American Heart Month, and honors 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.

FURTHER RESOLVED, that an engrossed copy be presented to the American Heart Association of Philadelphia, further evidencing the sincere admiration and respect of this legislative body.