

PROCLAMATION

"2012 National Wear Red Day for Women"

February 3, 2012

WHEREAS, diseases of the heart are the nation's leading cause of death and stroke is the third leading cause of death; and

WHEREAS, cardiovascular disease claims the lives of nearly 420,000 American females each year, approximately one death per minute; and

WHEREAS, each year nearly 52% of all cardiovascular disease and 60% of stroke deaths occur in females; and

WHEREAS, too many women die each year because they are unaware that heart disease is their No. 1 killer; and

WHEREAS, in 2008, the direct and indirect cost of cardiovascular diseases in the U.S. was nearly \$298 billion; 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, only 16% of women surveyed in 2009 identified cardiovascular disease as the greatest health problem facing them; and

WHEREAS, February is designated as American Heart Month; 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 take charge of their heart health and reduce risk; and

WHEREAS, all women should learn their own personal risk for heart disease, using tools such as the American Heart Association's My Life Check, Go Red For Women Heart® Check Up, Go Red BetterU and by talking to their healthcare provider; and

WHEREAS, taking action and making the right choices relating to proper nutrition, physical activity, and other healthy lifestyle choices are essential to living a heart healthy life; and

WHEREAS, by choosing to make it your mission, you can save lives.

NOW, THEREFORE, I, Michael J. Nohilly, Mayor of the Borough of Interlaken, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 3, 2012, to be

"NATIONAL WEAR RED DAY FOR WOMEN"

in the Borough of Interlaken, County of Monmouth, and urge all citizens to show their support for women and the fight against heart disease and stroke by commemorating this day by wearing the color red. By increasing awareness, speaking up about heart disease and stroke, and empowering women to reduce their risk for cardiovascular disease, we can save thousands of lives each year.

DATED: January 18, 2012

PROCLAMATION BY:

Michael J. Nohilly

**Michael J. Nohilly,
Mayor**

ATTEST:

Dawn McDonald

**Dawn McDonald, RMC
Borough Administrator/Clerk**