



Metropolitan Water Reclamation District of Greater Chicago

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Chicago, IL 60611

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RESOLUTION FOR BOARD MEETING OF FEBRUARY 20, 2020

RESOLUTION sponsored by the Board of Commissioners recognizing February as American Heart Month

WHEREAS, in the early 1960's, more than half of all deaths in the United States were caused by cardiovascular disease. Sensing the need to bring public awareness to this dire situation, on December 30, 1963, President Lyndon B. Johnson issued Proclamation 3566 designating February of 1964 as American Heart Month; and

WHEREAS, heart disease and strokes cause roughly 33% of deaths in women each year - more than all types of cancers combined. Beginning in 2004, the first Friday in February has been designated as Go Red for Women day (National Wear Red Day). Wearing of the color red is intended to raise awareness regarding heart disease and stroke, as well as highlighting the barriers that many women face in attaining good health; and

WHEREAS, while cardiovascular disease, heart disease, and coronary disease are commonly perceived to be the same, they are in fact three distinct ailments. More than 800,000 people die from cardiovascular disease each year in the United States, while approximately 630,000 Americans die from heart disease each year, and about 366,000 Americans died from coronary disease in 2015; and

WHEREAS, currently approximately 17,060,000 people in the United States have coronary heart disease and 574,000 people in Illinois have coronary heart disease; and

WHEREAS, heart disease is currently the leading cause of death for men and women in the United States. Each year 25% of deaths are caused by heart disease. Worldwide, approximately 17.3 million deaths each year are caused by cardiovascular disease (including heart disease and stroke). This number is expected to jump to 23.6 million deaths by the year 2030; and

WHEREAS, high blood pressure, high cholesterol, smoking, and obesity are some of the main conditions and behaviors which increase your chances of developing heart disease. Heart disease can often be prevented by making healthy diet choices and choosing foods which are low in sodium and saturated fat, by engaging in at least 2.5 hours of physical activity each week to strengthen the body, and by working to reduce levels of stress

and improve both the quality and quantity of sleep; and

WHEREAS, research suggests that people are more successful at achieving personal health goals when they join with others, thereby creating an encouraging and supportive environment. Thus, a major theme of American Heart Month is for people to create or join groups where making healthy lifestyle changes is the goal; and

NOW, THEREFORE, BE IT RESOLVED, that we, the Board of Commissioners of the Metropolitan Water Reclamation District of Greater Chicago, on behalf of ourselves and staff, do hereby recognize the month of February as American Heart Month; and

BE IT FURTHER RESOLVED, that this Resolution be spread upon the permanent Record of Proceedings of the Board of Commissioners of the Metropolitan Water Reclamation District of Greater Chicago and that a copy of same, suitably engrossed, be presented to the American Heart Association.

Dated: February 20, 2020