



# Metropolitan Water Reclamation District of Greater Chicago

100 East Erie Street  
Chicago, IL 60611

## Legislation Text

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**File #:** 19-0191, **Version:** 1

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### **RESOLUTION FOR BOARD MEETING OF FEBRUARY 21, 2019**

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

WHEREAS, cardiovascular diseases are the number one killer in the United States; and

WHEREAS, heart disease is the leading cause of death in Cook County as well, accounting for just under 10,000 deaths per year with more than half occurring in suburban Cook County; and

WHEREAS, cardiovascular disease kills one woman almost every 80 seconds in the U.S.; and

WHEREAS, about eighty percent of cardiovascular diseases may be prevented; and

WHEREAS, risk factors for heart disease such as high blood pressure, smoking and high cholesterol can be controlled; and

WHEREAS, disparities in health equity are in part attributable to disparities in access to care, access to affordable healthy food, access to clean water, and access to infrastructure supporting increased regular physical activity; and

WHEREAS, according to the CDC-led USALEEP project, drastic disparities in life-expectancy exist throughout Chicago and Cook County; and

WHEREAS, all Americans are encouraged to commit to making physical activity and healthy eating a priority to improve heart health; and

WHEREAS, the American Heart Association's Go Red for Women® movement motivates women to learn their family history and to meet with a healthcare provider to determine their risk for cardiovascular diseases and stroke; 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, hereby recognize the month of February, 2019 as American Heart Month and in recognition of the importance of the ongoing fight against heart disease and stroke, urge all citizens to fight against heart disease and stroke by taking steps to reduce personal risk factors and increase public awareness of the signs and symptoms of heart attacks, sudden cardiac arrest, and stroke.

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.

Dated: February 21, 2019

Approved: KARI K. STEELE, President; BARBARA J. MCGOWAN, Vice President; FRANK AVILA, Chairman, Committee on Finance; CAMERON DAVIS, KIMBERLY DU BUCLET, MARCELINO GARCIA; JOSINA MORITA; DEBRA SHORE; MARIYANA T. SPYROPOULOS; Commissioners of the Metropolitan Water

Reclamation District of Greater Chicago

Approved as to Form and Legality: Susan T. Morakalis, General Counsel