



Metropolitan Water Reclamation District of Greater Chicago

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RESOLUTION FOR BOARD MEETING OF FEBRUARY 2, 2023

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 1964 as American Heart Month; and

WHEREAS, cardiovascular disease is the umbrella term used to describe all diseases that affect the heart or blood vessels, including coronary heart disease, strokes, congenital heart defects, and peripheral artery disease. In 2020, approximately 2.1 million adults in the United States were diagnosed with coronary heart disease, causing one-fifth of the deaths in adults under the age of 65; and

WHEREAS, cardiovascular disease is the leading cause of death for women, accounting for roughly one in every five deaths in women annually - 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 the color red is intended to raise awareness regarding heart disease and strokes, as well as highlight the barriers that many women face in maintaining their health; and

WHEREAS, nearly 45% of women 20 and older have some form of cardiovascular disease. While it is estimated that there are 4.1 million female stroke survivors, almost 57.5% of deaths attributed to strokes occur in women. Cardiovascular disease disproportionately affects minority women, causing more than 50,000 deaths in Black women annually. Additionally, Hispanic women tend to develop heart disease 10 years earlier than non-Hispanic women; and

WHEREAS, high blood pressure, high cholesterol, smoking, and obesity are some of the main conditions and behaviors that increase the probability of developing cardiovascular disease. Cardiovascular 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 our 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.

Dated: February 2, 2023