

PROCLAMATION

WHEREAS, Heart disease is the leading cause of death in the United States and its victims are women and men and people of all backgrounds and ethnicities. Although heart disease is one of our Nation's most costly and widespread health problems, it is among the most preventable. During *American Heart Month*, we rededicate ourselves to fighting this disease by improving our own heart-healthy habits and by raising awareness in our homes and our communities, and

WHEREAS, Protecting our families from heart disease requires each of us to take responsibility for our health and that of our children -- including exercising regularly, maintaining a healthy diet, avoiding tobacco, and raising our children to spend more time playing outside. Because obesity is a leading risk factor for heart disease, good nutrition and physical activity are crucial for all our families, and

WHEREAS, This month, we honor the health-care professionals, researchers, and heart health ambassadors who save lives and spare suffering. Every day, these dedicated individuals put themselves on the front lines of our fight against heart disease, and

WHEREAS, The National Heart, Lung and Blood Institute is sponsoring *The Heart Truth* campaign, which reminds women of their risk for heart disease and empowers them to reduce it. On Friday, February 4 I invite all to recognize the campaign's *National Wear Red Day* by wearing red or the campaign's Red Dress Pin to support women's heart disease awareness and remind all women about their risk for heart disease,

NOW, THEREFORE, I, Mike McGinn, Mayor of Seattle, do hereby proclaim February 2011 to be

American Heart Month

in the City of Seattle and invite all to participate in *National Wear Red Day* on February 4, 2011.



Michael McGinn
Mayor

