

**CITY OF BALTIMORE
COUNCIL BILL 06-0136R
(Resolution)**

Introduced by: President Dixon, Councilmembers D’Adamo, Curran, Kraft, Holton, Branch,
Mitchell, Reisinger, Rawlings Blake, Clarke, Young, Harris, Conaway, Welch
Introduced and adopted: February 6, 2006

A COUNCIL RESOLUTION CONCERNING

American Heart Month: 2006 – Let’s Raise Awareness

FOR the purpose of joining in the celebration of February 2006, as American Heart Month, by calling attention to the problem of heart disease and by encouraging all Americans to join the fight against this horrible illness and to learn more about how to prevent it.

Recitals

Heart disease is the leading cause of death in the United States, with direct and indirect costs estimated at \$352 billion in 2003 alone. More than 64 million Americans suffer from one or more forms of cardiovascular disease, including high blood pressure, coronary heart disease, congestive heart failure, stroke, and congenital heart defects. Many of the risk factors that can lead to heart disease, such as high blood pressure, high cholesterol, and diabetes, can be prevented or controlled.

One in five Americans has some form of cardiovascular disease. Death from sudden cardiac arrest is a major health problem and continues to receive little attention in most parts of the United States. Nationwide, approximately 250,000 Americans die from sudden cardiac arrest each year, and up to 85% of these deaths occur in the home.

In 2003, there were 2027 heart related deaths in Baltimore City. This total accounted for over 25% of the deaths in Baltimore City that year, far higher than any other cause of death. In order to combat this terrible disease, we must be informed. Through proper education in regard to leading healthy lifestyles, making healthy food choices, getting regular exercise, maintaining a healthy weight, and choosing not to drink or smoke excessively, we can help decrease the risk of heart disease in our City.

During this month of February 2006, let’s work to make a difference. Together with the American Heart Association, we can educate ourselves and others. Together, we can create a healthier Baltimore for everyone and help learn more and fight to control this dangerous disease, that has had a devastating impact on our communities for far too long.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF BALTIMORE, That this Body joins in the celebration of February 2006, as American Heart Month, by calling attention to the problem of heart disease and by encouraging all Americans to join the fight against this horrible illness and to learn more about how to prevent it.

EXPLANATION: Underlining indicates matter added by amendment.
~~Strike out~~ indicates matter deleted by amendment.

1 **AND BE IT FURTHER RESOLVED**, That a copy of this Resolution be sent to the Mayor, the
2 Commissioner of Health, and the Mayor's Legislative Liaison to the Council.