Proclamation # 2016-051

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Michelle Nauer, Clerk & Recorder
Ouray County, CO RP $0.00
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Proclamation

"AMERICAN HEART HEALTH MONTH 2016"

WHEREAS,

Tri-County Health Network celebrates the extraordinary progress in American Heart Health and recognizes that more needs to be done to safeguard our community's health for generations to come; and

WHEREAS,

the number one killer of American men and women, heart disease is responsible for one out of every four deaths in the United States; and

WHEREAS,

the risk factors for heart disease are smoking, high blood pressure, high cholesterol and high triglyceride levels, overweight/obesity, physical inactivity, metabolic syndrome, diabetes and prediabetes, a family history of early heart disease, and age; and

WHEREAS,

we can take action to protect our heart health and prevent heart disease by taking steps to prevent and control the risk factors for the disease; and

WHEREAS,

certain improvements to daily routines — like eating healthy, not smoking, limiting alcohol use, and getting routine health screenings — can lower several of these risk factors and set the state for a long and healthy life; and

WHEREAS,

promoting awareness of health issues, including heart disease, is an important responsibility and depends on the actions of many organizations and groups in our community.

THEREFORE,

As we honor their contributions, let us take ownership of our heart health and commit to positive lifestyles, this month and throughout the year.

NOW, THEREFORE BE IT PROCLAIMED,

That February 2016 be National Heart Health Month and encourage all residents to work together to promote and improve our health and increase awareness and understanding of heart disease.

Adopted this 9th day of February, 2016.

BOARD OF COUNTY COMMISSIONERS
OF OURAY COUNTY, COLORADO

ATTEST:

Lynn M. Padgett, Chair

Ben Tisdel, Vice-Chair

Michelle Nauer, County Clerk and Recorder
By: Hannah Rollenbeck, Deputy Clerk of the Board

Don Batchelder, Commissioner Member

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