

*The Board of Supervisors of  
Contra Costa County, California*

In the matter of:

**Resolution No. 2014/39**

**In the Matter of: Recognizing February as American Heart Month**

WHEREAS, the month of February has been proclaimed by the President as “American Heart Month.”  
WHEREAS, over 350,000 Americans die from heart disease each year, more than breast cancer, lung cancer, prostate cancer and AIDS combined; and  
WHEREAS, over 92% of those suffering sudden cardiac arrest die before reaching the hospital; and  
WHEREAS, chances of survival are increased dramatically if cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) resources are available and utilized within the first three to seven minutes after sudden cardiac arrest; and  
WHEREAS, the goal of American Heart Month is to raise awareness of heart disease, prevention and treatment; and  
WHEREAS, it is appropriate to increase awareness of how to prevent cardiovascular disease and the appropriate intervention should an individual suffer from cardiovascular disease; and  
WHEREAS, it is appropriate to increase awareness of the value of CPR training and encourage placement of AEDs in public places; and  
WHEREAS, the American Heart Association and the Contra Costa County Emergency Medical Services Agency advocate the “Chain of Survival,” which represents the five crucial links of the emergency treatment of sudden cardiac arrest. The links are:  
Early Access to Care \* Early CPR \* Early Defibrillation \*  
Effective Advanced Life Support \* Integrated Post Cardiac Arrest Care  
WHEREAS, Contra Costa County Emergency Medical Services is committed to strengthening the links in the chain of survival in the County; and supports widespread CPR training, and public access defibrillation (PAD) and HeartSafe Community programs; and  
WHEREAS, Contra Costa County communities are working to make where their citizens live, work, shop and play HeartSafe:  
NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors designates February as American Heart Month, encouraging all residents of Contra Costa County to learn the risks of cardiovascular disease, to stay fit through exercise and good nutrition, to know the signs of Stroke, Heart Attack and Sudden Cardiac Arrest, to learn critical lifesaving skills such as CPR and AED use, to call 9-1-1, to Act in Time when a cardiovascular emergency occurs and encouraging each community to become a HeartSafe Communities.

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**KAREN MITCHOFF**

Chair,  
District IV Supervisor

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**JOHN GIOIA**  
District I Supervisor

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**CANDACE ANDERSEN**  
District II Supervisor

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**MARY N. PIEPHO**  
District III Supervisor

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**FEDERAL D. GLOVER**  
District V Supervisor

I hereby certify that this is a true and correct copy of an action taken and entered on the minutes of the Board of Supervisors on the date shown.

ATTESTED: February 4, 2014

David J. Twa,

By: \_\_\_\_\_, Deputy