



Contra
Costa
County

To: Board of Supervisors
From: Anna Roth, Health Services Director
Date: February 27, 2018

Subject: Recognizing February as American Heart Month

RECOMMENDATION(S):

ADOPT Resolution No. 2018/73 recognizing February as American Heart Association Month.

BACKGROUND:

February is American Heart Month. This resolution encourages 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 encourage all communities to become HeartSafe Communities.

Heart disease is the leading cause of death in the United States, killing more than 600,000 Americans each year. And it’s why the entire month of February is dedicated to raising awareness of heart health. These community education efforts are part of the Contra

☒ APPROVE

☐ OTHER

☒ RECOMMENDATION OF CNTY ADMINISTRATOR

☐ RECOMMENDATION OF BOARD COMMITTEE

Action of Board On: **02/27/2018** ☒ APPROVED AS RECOMMENDED ☐ OTHER

Clerks Notes:

VOTE OF SUPERVISORS

AYE: John Gioia, District I
Supervisor
Candace Andersen, District II
Supervisor
Diane Burgis, District III
Supervisor
Karen Mitchoff, District IV
Supervisor

ABSENT: 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 27, 2018

David Twa, County Administrator and Clerk of the Board of Supervisors

By: Stephanie Mello, Deputy

Contact: Dan Peddycord,
925-313-6712

BACKGROUND: (CONT'D)

Costa Emergency Medical Services Cardiac Arrest, Stroke and STEMI Systems of Care Program initiatives. You should also know:

- Cardiovascular disease kills more people each year than cancer, lower respiratory diseases and accidents.
- Cigarette smokers are two to three times more likely to die from coronary heart disease than nonsmokers.
- Heart disease is the number one killer in women age 20 and over, killing approximately one woman every minute.
- Heart disease killed 633,842 people in 2015.

During the month of February, Contra Costa Emergency Medical Services and our EMS System Fire, Ambulance and Hospital partners are helping spread the word about living a heart healthy lifestyle. Join the effort by doing the following:

- Display table tents with heart facts and heart health information in your café, lobbies and office.
- Post flyers around your hospital or workplace to promote Heart Awareness month.
- Pass out red dress pins from AHA to friends, associates, patients and visitors.
- Host a heart health booth in your hospital or workplace on National Wear Red Day displaying heart health information.

ATTACHMENTS

Resolution No. 2018/73