

Proclamation



Jane Castor, Mayor

WHEREAS, according to the Center for Disease Control and Prevention (CDC), diseases of the heart are the nation's leading cause of death in women, with stroke being the fourth, it can affect women at any age, and it is estimated that most women between 40 and 60 years old have at least one risk factor for heart disease, also known as cardiovascular disease; and

WHEREAS, cardiovascular disease claims the lives of approximately one in every five females, with a high percentage of them new mothers, and only about half of women recognize that heart disease is their number one killer, making it vital to educate women about the disease and stroke to help them become aware of the risks and preventative measures; and

WHEREAS, most cardiac and stroke events can be prevented through education and healthier lifestyle changes including eating habits, exercise and moving more, managing blood pressure, and regular physical check-ups with health care professionals; and

WHEREAS, February is **American Heart Month** to raise awareness about heart health and it serves as a reminder to make it a priority, and *Go Red for Women*, held annually on the first Friday in February, is the American Heart Association's national call to increase awareness of heart disease in women and to inspire them to take charge and be proactive; and

WHEREAS, highly rated AdventHealth, founded in Florida in 1973, is one of the largest health care providers in the nation, and its hospitals in the Tampa Bay region are all designated HeartCARE™ Centers by the American College of Cardiology in Florida, and are dedicated to their mission of whole-person health; and

WHEREAS, the City of Tampa joins with AdventHealth in their commitment to the health and well-being of Tampa residents and in promoting healthy lifestyles to decrease cardiovascular risks, and in their initiative to bring awareness to the community on February 2, 2024, and to empower and encourage women to prioritize their heart health.

NOW, THEREFORE, I, Jane Castor, by virtue of the authority vested in me as Mayor of the city of Tampa, Florida do hereby proclaim Friday, February 2, 2024, as

"WEAR RED FOR WOMEN'S HEART HEALTH DAY"

in the city of Tampa, Florida, and urge all citizens to show their support in the fight against heart disease by commemorating this day by wearing red, and in helping to empower women to reduce their risk, because losing even one woman to cardiovascular disease is too many.

Dated in Tampa, Florida, this 29th day of January, 2024.



Jane Castor

Mayor