

State of Texas *
*
County of Comal *

Proclamation

Recognizing February 2019 as National Heart Month in Comal County

WHEREAS, cardiovascular disease kills 2,300 Americans each day, an average of 1 death every 38 seconds; and

WHEREAS, cardiovascular diseases are the No.1 killer of women in the United States, killing one woman almost every 80 seconds; and

WHEREAS, about 80 percent of cardiovascular diseases can be prevented by controlling risk factors for heart disease such as blood pressure, smoking and cholesterol; and

WHEREAS, all individuals are encouraged to commit to making physical activity and healthy eating a priority to improve heart health; and

WHEREAS, the American Heart Association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke; and

WHEREAS, the American Heart Association encourages all people to take charge of their heart health by knowing their total cholesterol, HDL (good) cholesterol, blood pressure, blood sugar and body mass index; and

WHEREAS, by increasing awareness, speaking out about heart disease, and empowering each other to reduce our respective risk for cardiovascular diseases, thousands of lives can be saved each year.

NOW, THEREFORE, BE IT PROCLAIMED that the Comal County Commissioners Court, duly convened and acting in its capacity as the governing body of Comal County, hereby recognizes February 2019 as National Heart Month in Comal County, emphasizes the importance of the ongoing fight against heart disease, and urges all residents to show their support for the fight against heart disease.

PASSED AND APPROVED on this the 14th day of February 2019.

Sherman Krause, County Judge

Donna Eccleston, Commissioner Pct. 1

Scott Haag, Commissioner Pct. 2

Kevin Webb, Commissioner Pct. 3

Jen Crossover, Commissioner Pct. 4

Attest: _____
Bobbie Koepf, County Clerk

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