# Proclamation

## Office of the Mayor

## American Heart Month and National Wear Red Day

WHEREAS, American Heart Month was established by President Lyndon B. Johnson under Presidential Proclamation 3566 in December 1963, 10 days after Congress issued a joint resolution requesting the president to issue an annual proclamation; and

WHEREAS, heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure; and

WHEREAS, heart disease remains the leading cause of death in the United States, claiming the lives of approximately over 900,000 Americans each year and accounting for more deaths than any other cause. A substantial portion of the adult population lives with or is at risk for cardiovascular disease, making it a major public health challenge nationwide; and

WHEREAS, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use; and

WHEREAS, cardiovascular disease, which includes heart disease and stroke, costs the U.S. over $200 billion annually in healthcare services, lost productivity, and other related expenses; and

WHEREAS, heart disease is a significant health risk for both men and women, and it remains the leading cause of death among women in the United States, accounting for about 1 in every 5 female deaths; and

WHEREAS, the good news is in most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups; and

WHEREAS, American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease. The warning signs for heart disease have been known to appear when people are as young as 18 years old. Red flags such as high blood pressure should be taken seriously and healthy habits should be adopted like getting 30 minutes of exercise every day, and talking with your doctor to develop healthy eating habits that promote heart health; and

WHEREAS, the first Friday of February is National Wear Red Day in The United States. It's your chance to raise awareness by staying active, eating healthy and watching your weight all while wearing your favorite red outfit; and

NOW, THEREFORE, I, Michael J. Ryan, Mayor of the City of Sunrise, Florida, together with the City Commissioners hereby proclaim the month of February 2026 as **American Heart Month** and February 6th, 2026 as **National Wear Red Day** in the City of Sunrise.

Witness My Hand and Official Seal of
The City of Sunrise, Florida

Michael J. Ryan, Mayor