

*Bergen County, New Jersey*

*Office of the Mayor*

# Proclamation

*WHEREAS, heart disease is the leading cause of death for both men and women nationwide; and*

*WHEREAS, there are several critical risk factors that contribute to heart disease, including elevated blood pressure and cholesterol, physical inactivity, excess body weight, high salt intake, smoking, age, and family history; and*

*WHEREAS, while some risk factors are unchangeable, most are avoidable with behavior modification and lifestyle changes like eating a healthy diet, moderating alcohol consumption, exercising regularly, and avoiding smoking; and*

*WHEREAS, innovative medical advancements continue to improve treatment options for those who have experienced heart disease; and*

*NOW, THEREFORE, BE IT PROCLAIMED by the Mayor and Council of the Borough of Westwood that February is Heart Health Month in the Borough of Westwood; and*

*BE IT FURTHER PROCLAIMED that the Governing Body offers their heartfelt condolences to those who have lost loved ones to heart disease; and*

*BE IT FURTHER PROCLAIMED that the Governing Body hereby encourages all residents to make healthy lifestyle choices and be proactive about their health.*

**ATTEST:**

Raymond Arroyo  
*Ray Arroyo, Mayor*  
February 18, 2020

