

# PROCLAMATION

**THE BOARD OF SUPERVISORS  
COUNTY OF SAN MATEO, STATE OF CALIFORNIA  
PROCLAMATION DESIGNATING THE MONTH OF FEBRUARY 2015**

## HEART MONTH

***To Increase Awareness of Cardiovascular Disease Prevention***

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**WHEREAS**, cardiovascular disease including hypertension, strokes and heart attacks is the leading cause of death for men and women in the United States – attributable to more than 1 in 4 deaths; and is one of the most costly and widespread public health issues facing our residents; and

**WHEREAS**, cardiovascular disease is known to be one of the most preventable diseases if given proper attention through healthy lifestyle choices such as regular exercise, a healthy diet, avoiding tobacco use and managing risk factors such as obesity, hypertension, diabetes and high cholesterol; and

**WHEREAS**, every year about 715,00 Americans suffer a heart attack, which occurs when the blood supply to the heart is cut off and the cells in the heart muscle do not receive enough oxygen-carrying blood to survive, and the more time that passes without treatment to restore blood flow, the greater the damage to the heart occurs; and

**WHEREAS**, since heart attack survival increases if emergency cardiac treatment is provided as soon as possible, the San Mateo County Health System- Emergency Medical Services (EMS) Agency established in May 2013, a specialized system of cardiac care with enhanced prehospital advanced life support services and designated specialty cardiac care centers known as STEMI Centers to care for patients with ST-Elevated Myocardial Infarction (STEMI,) the most serious type of heart attack; and

**WHEREAS**, over the past 16 months, 336 patients have been treated at our designated STEMI Centers– Seton Medical Center, Peninsula Medical Center, Kaiser Redwood City, Sequoia Hospital, and Stanford Medical Center, where specialized cardiac care services were immediately available to provide emergent treatment; and

**WHEREAS**, it is important for everyone to recognize in themselves and others the signs of a heart attack which may include all or any of the following– pain, discomfort, tightening or pressure in the chest, pain or discomfort in the upper body (jaw, neck, shoulders, arms), shortness of breath, nausea, sweating, and dizziness and to act immediately by calling 911; and

**WHEREAS**, to educate the public about the signs of a heart attack and the need to seek immediate and appropriate cardiac care by calling 911, the San Mateo County Health System -EMS Agency, in coordination with our designated STEMI Centers, and the Hospital Consortium of San Mateo County, is introducing during HEART MONTH 2015 a new public awareness campaign –HAVE THE SIGNS – PRESS 911.

***NOW, THEREFORE, BE IT RESOLVED*** that the Board of Supervisors of the County of San Mateo, State of California, hereby designates the month of February 2015 Heart Month and calls upon all residents to learn more about cardiovascular disease prevention and the signs and symptoms of a heart attack and other life threatening cardiac conditions.

***Dated: February 10, 2015***

***SUPERVISORS:***

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***CAROLE GROOM, President***

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***DAVE PINE***

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***DON HORSLEY***

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***WARREN SLOCUM***

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***ADRIENNE J. TISSIER***

Attest: \_\_\_\_\_  
Deputy Clerk of the Board of Supervisors