



Metropolitan Nashville and Davidson County, TN

Legislation Text

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A Resolution recognizing February 2021 as American Heart Month in Nashville and Davidson County.

WHEREAS, heart disease is the number one killer of women, causing 1 in 3 women's deaths, more than all forms of cancer combined, and equaling one death per minute; and

WHEREAS, heart disease affects women of all ages, with about 1 in 16 women age 20 and older having coronary heart disease, the most common type of heart disease; and

WHEREAS, women who experience preeclampsia during pregnancy are at a higher risk of heart disease; and

WHEREAS, 64 percent of women who die suddenly of coronary heart disease had no previous symptoms; and

WHEREAS, the warning signs for heart disease differ among men and women, with women more likely to experience shortness of breath, nausea/vomiting and back or jaw pain, as well as dizziness, feeling lightheaded or fainting, pain in the lower chest or upper abdomen, and extreme fatigue; and

WHEREAS, the risk for heart disease is not eliminated even if you are fit, as factors like cholesterol, eating habits, and smoking can counterbalance other healthy habits; and

WHEREAS, despite a family history of heart disease nearly 80 percent of cardiac events can be prevented through a combination of diet and exercise; and

WHEREAS, February is American Heart Month, a federally designated event and the ideal time to remind women to focus on their hearts and encourage them to get their families, friends, and communities involved; and

WHEREAS, women involved with the American Heart Association's Go Red For Women movement live healthier lives, and nearly 90 percent have made at least one healthy behavior change. Go Red For Women encourages women to take charge of their health and schedule a Well-Woman visit to learn about their health status and risk for diseases. All Americans are asked to Go Red by wearing red and speaking red; and

WHEREAS, women's health is non-negotiable, and by educating women on the symptoms of heart disease and how they can prevent it, we can reduce and ultimately eliminate women's deaths from heart disease once and for all; and

WHEREAS, it is fitting and proper that the Metropolitan Council, in acknowledgment of the importance of the ongoing fight against heart disease, hereby recognizes February 2021 as American Heart Month in Nashville and Davidson County, and urges all citizens, especially women, to know the critical importance of recognizing symptoms, taking preventative measures to live healthy, and incorporating tools and skills that will increase survival rates and save thousands of lives each year.

NOW, THEREFORE, BE IT RESOLVED BY THE COUNCIL OF THE METROPOLITAN GOVERNMENT OF NASHVILLE AND DAVIDSON COUNTY:

Section 1. That the Metropolitan Council hereby goes on record as recognizing February 2021 as American Heart Month.

Section 2. This Resolution shall take effect from and after its adoption, the welfare of The Metropolitan Government of Nashville and Davidson County.