

**IN THE BOARD OF SUPERVISORS
COUNTY OF SAN LUIS OBISPO, STATE OF CALIFORNIA**

PRESENT: Supervisors _____ day _____, 2013

ABSENT:

**RESOLUTION NO. _____
RESOLUTION PROCLAIMING FEBRUARY 2013
AS "AMERICAN HEART MONTH" IN SAN LUIS OBISPO COUNTY**

The following resolution is hereby offered and read:

WHEREAS, cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day; and

WHEREAS, our lungs are among the body's primary points of contact with the outside world and the content of the air we breathe is extremely important; medical studies show that air pollution can trigger heart attacks, stroke, and irregular heart rhythms, particularly in the elderly and those with existing lung or heart disease; and

WHEREAS, the SLO County Air Pollution Control District and the SLO County Public Health Department are collaborating on a new educational program to heighten awareness of the connection between air pollution and human health; and

WHEREAS, a series of informative brochures, posters and public service announcements have been developed to bridge the connection between air quality and health related topics; the brochures include: *Get Active: Air Quality & Exercise*, *Air Quality & Your Cardiac Health*, and *Asthma & Air Quality* and they include information about different air pollutants including ozone and particle pollution and the importance of good health habits; and

WHEREAS, individuals can reduce their risk of heart disease by staying informed on local air quality conditions, keeping smoke out of indoor spaces, drinking plenty of water to stay hydrated, knowing the signs of heat stress, and making healthy lifestyle changes including eating smart, exercising more, and stopping smoking.

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors, County of San Luis Obispo, State of California, does hereby proclaim February 2013 American Heart Month.

Upon motion of Supervisor _____, seconded by

Supervisor _____, and on the following roll call vote to wit:

AYES:

NOES:

ABSENT:

The foregoing resolution is hereby adopted.

Chairperson, Board of Supervisors

ATTEST:

Clerk of the Board of Supervisors

By: _____
Deputy Clerk