



Board of Commissioners of Cook County

118 North Clark Street
Chicago, IL

Legislation Text

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PROPOSED RESOLUTION

RECOGNIZING FEBRUARY AS AMERICAN HEART MONTH AND DECLARING FEBRUARY 9TH, 2023 GO RED DAY IN COOK COUNTY

WHEREAS, the month of February is recognized as American Heart Month; and

WHEREAS, the annual celebration began in 1963 to encourage Americans to join the battle against heart disease and each year a presidential proclamation pays tribute to researchers, physicians, public health professionals and volunteers for their tireless efforts in preventing, treating, and researching heart disease; and

WHEREAS, heart disease (including coronary heart disease, hypertension, and stroke) remains the No. 1 cause of death for men, women, and people of most racial and ethnic groups in the United States and cardiovascular diseases claim more lives each year than all forms of cancer and chronic lower respiratory disease combined accounting for 1 in every 4 deaths; and

WHEREAS, heart disease continues to kill more people in the U.S. than any other cause, despite, and likely even due to, the impact of the deadly COVID-19 pandemic according to data from the U.S Centers for Disease Control and Prevention (CDC), and that trend is likely to continue for years to come as the long-term impact of the novel coronavirus will directly affect cardiovascular health, according to the American Heart Association; and

WHEREAS, heart disease is the leading cause of death in Cook County as well, accounting for 10,259 deaths in 2021 of that, 4,974 were in the City of Chicago and 5,285 were in suburban Cook County; and

WHEREAS, according to the Centers for Disease Control and Prevention (CDC), the estimated annual incidence of heart attack in the United States is 805,000 new attacks, 605,000 are first attacks and 200,000 are recurrent attacks with Americans suffering a heart attack approximately every 34 seconds; and

WHEREAS, although some progress has been made, it's important to make sure all Americans have access to quality care and as a country we should continue to focus on "Life's Simple 7," which refers to the American Heart Association's seven goals of eating a healthy diet, exercising regularly, avoiding excess weight, not smoking, and keeping blood pressure, cholesterol, and blood sugar within a healthy range; and

WHEREAS, nearly half of all non-Hispanic black adults have some form of cardiovascular disease, 47.7 percent of females and 46.0 percent of males; and

WHEREAS, since the outbreak of COVID-19, there have been even higher mortality rates due to the effect the disease has had on individuals with pre-existing health conditions, primarily those which are cardiovascular-related. The American Heart Association found that the already sizable Black-White life-expectancy gap has now grown to over ten years due to COVID-19; and

WHEREAS, by 2035, more than 130 million adults, or 45.1% of the U.S. population, are projected to have some form of cardiovascular disease and total costs of CVD are expected to reach \$1.1 trillion in 2035, with direct medical costs projected to reach \$748.7 billion and indirect costs estimated to reach \$368 billion; and

WHEREAS, hospitals and health systems around the country celebrate American Heart Month by helping to raise awareness in their communities about heart disease, with staff wearing red and volunteers knitting or crocheting pint-sized red hats for newborns, as well as holding free screenings and heart health awareness events; and

WHEREAS, in response to the pandemic, the Board of Commissioners approved a resolution creating a virtual “hands only” CPR & AED training as part of the on-boarding process for new employees and which is available to all county employees providing the knowledge needed so we can eliminate one of the barriers to not being able to survive a heart attack; and

WHEREAS, one of the “Bystander Effect” statistics that is especially troubling is that African Americans and Hispanics are 30-50% less likely to have bystander CPR performed if they suffer an incident and compared to white children, bystander CPR was 41% less likely for black kids, 22% less likely for Hispanics and 6% less likely for other ethnic groups; and

WHEREAS, women are also less likely to receive bystander CPR because people fear accusations of inappropriate touching, sexual assault, or injuring the person, with only 39% of women receiving bystander CPR in public compared to 45% of men and men’s chances of surviving a cardiac event are 23% higher than women. To highlight the need for more education around this issue, this year’s American Heart Association theme is ‘Be the Beat’ for a woman you love and learn CPR for Go Red for Women Events and American Heart Month activities; and

WHEREAS, data shows that CPR initiated by a bystander can nearly double or triple the chance of survival from cardiac arrest; and

WHEREAS, these sobering data sets led the 6th District office to research and publish in 2022, a white paper on cardiovascular disease in the 6th District to gain a better understanding on the extent of heart disease mortality and existing disparities at the hyper-local level; and

WHEREAS, this Honorable Body wishes to promote and raise awareness of American Heart Month and heart health in Cook County and encourage all Cook County employees to take advantage of the Virtual CPR & AED training available on the County Human Resources Training platform;

NOW, THEREFORE, BE IT RESOLVED, that the President and the Cook County Board of Commissioners, on behalf of the more than 5.2 million residents of Cook County, do hereby take this opportunity to acknowledge American Heart Month and officially recognizes February 2023 as Heart Month in Cook County; and

BE IT FURTHER RESOLVED, that in conjunction with American Heart Month, February 9th, 2023 be hereby declared “Go Red Day” in the County of Cook and encourages everyone to wear red on said day to create awareness of and in recognition of American Heart Month; and

BE IT FURTHER RESOLVED, that a suitable copy of this Resolution be spread upon the official

proceedings of this Honorable Body in recognition of American Heart Month.