

Proclamation

WHEREAS, American Heart Month was established by President Lyndon B. Johnson under Presidential Proclamation 3566 in December 1963, following a joint resolution approved December 30, 1963, requesting the President to issue an annual proclamation; and

WHEREAS, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. According to the Centers for Disease Control and Prevention (CDC), about 681,000 people in the United States died from heart disease in 2023 - that's roughly 1 in every 5 deaths; and

WHEREAS, high blood pressure is a major risk factor for heart disease according to the CDC. Nearly half of U.S. adults have high blood pressure, which puts them at risk for heart disease and stroke. Also, just 1 in 4 people with high blood pressure has it under control; and

WHEREAS, American Heart Month is observed to raise awareness of the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease. The warning signs for heart disease have been known to appear when people are as young as 18 years old. Red flags such as high blood pressure should be taken seriously, and healthy habits should be adopted like getting 30 minutes of exercise every day, and talking with your doctor to develop healthy eating habits that promote heart health; and

WHEREAS, the first Friday of February is National Wear Red Day in the United States. It is an opportunity to raise awareness by staying active, eating healthy, and watching your weight all while wearing your favorite red outfit; and

WHEREAS, in 2026, National Wear Red Day will be celebrated on February 6, 2026. The City of Margate urges the community to join the battle against heart disease and encourages all to wear red on February 6, 2026.

NOW, THEREFORE, I, Antonio V. Arserio, Mayor of the City of Margate, do hereby proclaim the month of February 2026 as

AMERICAN HEART MONTH

IN WITNESS WHEREOF, I have hereunto set my hand
and caused the official seal of the City of Margate to be
affixed this 4th day of February 2026.

ANTONIO V. ARSERIO, MAYOR