



WHEREAS, during American Heart Month, we recommit to fighting this disease by promoting better health, wellness, and prevention awareness in our communities; and

WHEREAS, heart disease continues to be a leading cause of death in the United States. It affects Americans of all genders, races, and ethnicities; and

WHEREAS, heart disease impacts anyone, but risk factors such as high cholesterol, high blood pressure, physical inactivity, obesity, tobacco use, and alcohol and drug abuse can increase the likelihood of developing the disease; and

WHEREAS, in Maryland, as well as nationwide, heart disease remains the leading cause of death for women, and something as simple as walking at least 30 minutes 6 days per week can reduce the risk of dying from a heart attack by 50%; and

WHEREAS, the death rate from heart attacks has risen dramatically during the COVID-19 pandemic, people are delaying or not seeking care after experiencing symptoms. It's important not to ignore early warning signs like chest pain, palpitations, shortness of breath, sudden dizziness; and

WHEREAS, Americans can promote health and prevent disease and illness by taking simple steps to improve their physical, mental, social, and spiritual health by not smoking, eating nutritious meals, being physically active, and receiving regular medical checkups; and

WHEREAS, we honor the healthcare professionals, researchers, and heart health advocates who save our lives with their hard work. Every day, they put themselves on the front lines of our fight against heart disease, as well as the fight against the cold and flu season.

NOW, THEREFORE, the Mayor and Council of Rockville, Maryland, do hereby proclaim the month of **February 2026, American Heart Month**, and encourage the community to wear **Red** on **National Wear Red Day** on **February 6, 2026**, and to engage and keep up to date on news and activities that will benefit the health and well-being of our families.



 Monique Ashton, Mayor	 Izola (Zola) Shaw, Councilmember
 Kate Fulton, Councilmember	 Marissa Valeri, Councilmember
 Barry Jackson, Councilmember	 Adam Van Grack, Councilmember
 David Myles, Councilmember	

February 2, 2026