

**WHEREAS,** Since 1900, cardiovascular diseases, including stroke, are our nation's No. 1 killer; and

**WHEREAS,** Each day more than 95 percent of Americans who suffer sudden cardiac arrest die before reaching the hospital. By knowing what to do and how to perform CPR in an emergency, Americans can give victims of cardiac arrest a second chance at life; and

**WHEREAS,** Only 1 in 5 heart attack victims are able to reach the hospital in time to benefit from health treatments because they do not recognize the warning signs of a heart attack; and

**WHEREAS,** By developing good eating habits, being physically active, having preliminary screenings, and staying away from drugs, tobacco, and excessive alcohol, individuals can greatly reduce the onset of a heart attack; and

**WHEREAS,** Nearly 2,600 Americans die of cardiovascular diseases each day; and

**WHEREAS,** Since 1963, Congress has required the president to proclaim February as "American Heart Month";

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of the County of Santa Clara, State of California does hereby proclaim the month of February, 2004 as

# AMERICAN HEART MONTH

**PASSED AND ADOPTED** this Tenth Day of February, Two Thousand and Four by unanimous vote.

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Pete McHugh, Chairperson  
Board of Supervisors

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Donald F. Gage  
Supervisor, District One

Blanca Alvarado  
Supervisor, District Two

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James T. Beall, Jr.  
Supervisor, District Four

Liz Kniss  
Supervisor, District Five

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Attest: Phyllis Perez  
Clerk, Board of Supervisors