

WHEREAS, cardiovascular diseases are the nation's leading cause of death, accounting for one out of three deaths nationwide; and

WHEREAS, more than 40 percent of the United States adult population is projected to have some form of cardiovascular disease by 2030, with direct and indirect costs exceeding \$1 trillion annually; and

WHEREAS, the research is clear that there are preventive strategies, such as eating nutritious, healthy foods and eating only enough to meet energy needs, that can increase survival rates from cardiovascular diseases; and

WHEREAS, the American Heart Association's 2020 impact goal seeks to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent; and

WHEREAS, the American Heart Association created National Eating Healthy Day to help companies keep their employees healthy, which will help both their company and our country improve cardiovascular health.

NOW, THEREFORE BE IT RESOLVED that I, Richard Ranzau, Chairman of the Board of Sedgwick County Commissioners, do hereby proclaim November 4, 2015 as

NATIONAL EATING HEALTHY DAY

In Sedgwick County and urge all citizens and employers to recognize the importance of improved nutrition and healthy eating both at home and in the workplace. By doing so, we can prevent cardiovascular disease and reduce healthcare costs due to cardiovascular disease.

November 4, 2015