



CITY OF NORTH LAUDERDALE

PROCLAMATION

American Heart Association



AMERICAN HEART ASSOCIATION GO RED FOR WOMEN - FEBRUARY 1, 2019

WHEREAS, cardiovascular diseases kill one in three women in the U.S., yet eighty percent of cardiovascular diseases may be prevented; and

WHEREAS, cardiovascular diseases and stroke kill one woman every 80 seconds in the U.S. and an estimated 44 million women in the U.S. are affected by cardiovascular diseases; and

WHEREAS, ninety percent of women have one or more risk factors for developing heart disease or stroke; and

WHEREAS, women are less likely to call 911 for themselves when experiencing symptoms of a heart attack than they are if someone else were having a heart attack; and

WHEREAS, only 36% of African American women, 34% of Hispanic women and 65% of Caucasian women know that heart disease is their greatest health risk; and

WHEREAS, the American Heart Association's Go Red For Women® movement motivates women to learn their family history and to meet with a healthcare provider to determine their risk for cardiovascular diseases and stroke; and

WHEREAS, women involved with the Go Red For Women movement live healthier lives; and

WHEREAS, Go Red For Women encourages women to take control of their heart health by knowing and managing these five numbers:

1. Total Cholesterol
2. HDL (good) Cholesterol
3. Blood Pressure
4. Blood Sugar
5. Body Mass Index (BMI)

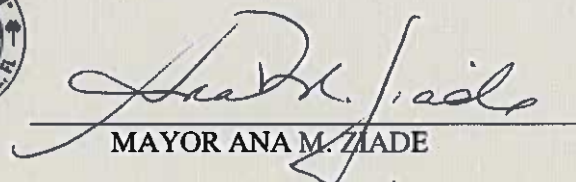
NOW, THEREFORE, the Mayor and Commission, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim February to be

American Heart Month

in the City of North Lauderdale and urge all citizens to show their support for women and the fight against heart disease by commemorating this day by wearing the color red on **Friday, February 1, 2019**. By increasing awareness, speaking out about heart disease, and empowering women to reduce their risk for cardiovascular diseases, we can save thousands of lives each year.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the City of North Lauderdale this 29th day of January, 2019.




MAYOR ANA M. ZIADE



City of North Lauderdale

PROCLAMATION

EATING DISORDERS AWARENESS WEEK

February 25, 2019 – March 3, 2019

WHEREAS, eating disorders affect 30,000,000 individuals in the United States during their lifetimes; with more than 600,000 individuals in the State of Florida alone; and

WHEREAS, eating disorders, including the specific disorders of anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant/restrictive food intake disorder, and other specified feeding or eating disorders, are complex, biologically based illnesses; and

WHEREAS, eating disorders are associated with serious physical health consequences, including irregular heartbeats, heart disease and heart failure, kidney failure, osteoporosis, gastric rupture, tooth decay, obesity, gall bladder disease, diabetes, and death; and

WHEREAS, at least once every 62 minutes, someone dies due to their struggle with an eating disorder, and anorexia nervosa has the highest mortality rate of any mental illness; and

WHEREAS, eating disorders know no boundaries with respect to genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses; and

WHEREAS, eating disorders have a high prevalence amongst active military service members and veterans; and

WHEREAS, with early detection and intervention, full recovery from an eating disorder is possible; and

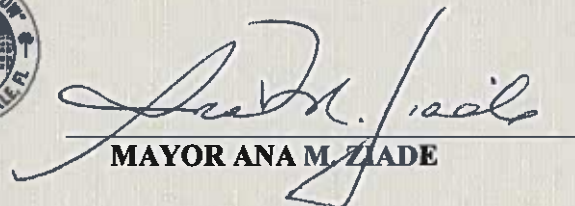
WHEREAS, The Alliance for Eating Disorders Awareness, a 501(c)(3) non-profit organization, is the premier eating disorders organization in the State of Florida dedicated to providing programs and activities aimed at outreach, education, and early intervention for all eating disorders

NOW THEREFORE, the Mayor and Commission of the City of North Lauderdale do hereby proclaim February 25, 2019 – March 3, 2019 as:

EATING DISORDERS AWARENESS WEEK

Dated this 29th day of January, 2019




MAYOR ANA M. ZADE

City of North Lauderdale



Proclamation

National African American History Month

WHEREAS, when Carter G. Woodson established Negro History week in 1926, he realized the importance of providing a theme to focus the attention of the public; and

WHEREAS, the intention has never been to dictate or limit the exploration of the Black experience, but to bring to the public's attention important developments that merit emphasis; and

WHEREAS, the Association for the Study of African American Life and History's theme for 2019 is Black Migrations and emphasizes the movement of people of African descent to new destinations and subsequently to new social realities; and

WHEREAS, while inclusive of earlier centuries, this theme focuses especially on the twentieth century through today, and

WHEREAS, beginning in the early decades of the twentieth century, African American migration patterns included relocation from southern farms to southern cities; from the South to the Northeast, Midwest, and West; from the Caribbean to US cities as well as to migrant labor farms; and the emigration of noted African Americans to Africa and to European cities, such as Paris and London, after the end of World War I and World War II; and

WHEREAS, such migrations resulted in a more diverse and stratified interracial and intra-racial urban population amid a changing social milieu, such as the rise of the Garvey movement in New York, Detroit, and New Orleans; the emergence of both black industrial workers and black entrepreneurs; the growing number and variety of urban churches and new religions; new music forms like ragtime, blues, and jazz; white backlash as in the Red Summer of 1919; the blossoming of visual and literary arts, as in New York, Washington, D.C., Chicago, and Paris in the 1910s and 1920s., and

WHEREAS, the theme *Black Migrations* equally lends itself to the exploration of the century's later decades from spatial and social perspectives, with attention to "new" African Americans because of the burgeoning African and Caribbean population in the US; Northern African Americans' return to the South; racial suburbanization; inner-city hyperghettoization; health and environment; civil rights and protest activism; electoral politics; mass incarceration; and dynamic cultural production.

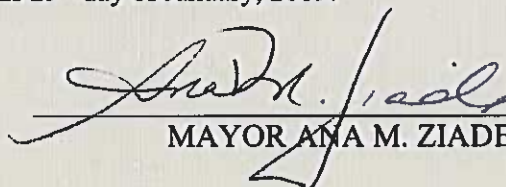
NOW, THEREFORE, the Mayor and Commission of the City of North Lauderdale, Florida do hereby proclaim the month of February 2019 to be

National African American History Month

in North Lauderdale and urge all residents to join in the celebration of this significant and historical observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of North Lauderdale to be affixed this 29th day of January, 2019.


MAYOR ANA M. ZIAIDE