

STATE OF NORTH DAKOTA

PROCLAMATION

HEART HEALTH MONTH FEBRUARY 2024

WHEREAS, more than 350,000 people experience cardiac arrest outside of a hospital each year, and only about 1 in 10 survive; and more than 23,000 children under the age of 18 experience cardiac arrest outside of a hospital each year in the United States, with almost 40% of these incidents being sports related; and

WHEREAS, deaths by heart disease in North Dakota increased by 12% from 2018 to 2022, and heart disease is the No. 1 cause of death for North Dakotans; and

WHEREAS, increased awareness, CPR education, automated external defibrillator (AED) training and a structured response plan on how to react to cardiac emergencies lead to the increased survivability and decreased permanent effects on those who experience a cardiovascular issue; and

WHEREAS, about 70% of cardiac arrests that occur outside of a hospital happen at home, and CPR, especially if performed immediately and properly, can double or triple a person's chances of survival; and only about 46% of people who experience cardiac arrest receive CPR from people nearby while waiting for emergency responders to arrive; and

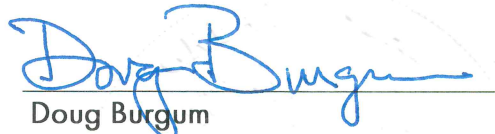
WHEREAS, CPR is a lifesaving skill that most people, including children as young as age 9, can learn; and the American Heart Association has set a goal of doubling the survival from cardiac arrest by 2030 by turning bystanders into lifesavers, so that everyone is prepared and empowered to become a vital link in the chain of survival and provide CPR in response to a cardiac emergency; and

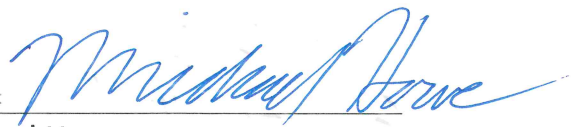
WHEREAS, people should respond to a cardiac arrest by calling 911, delivering high-quality CPR and using an AED as soon as it is available; and

WHEREAS, in celebration of American Heart Month and the American Heart Association's 100th birthday, we urge every household in North Dakota to join the Nation of Lifesavers and learn CPR.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
February 2024, HEART HEALTH MONTH in the State of North Dakota.




Doug Burgum
GOVERNOR

ATTEST: 
Michael Howe
SECRETARY OF STATE