



## TOWN OF APPLE VALLEY TOWN COUNCIL STAFF REPORT

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**To:** Honorable Mayor and Town Council **Date:** January 14, 2014

**From:** Ralph Wright  
Parks and Recreation Manager  
Parks and Recreation Department **Item No:** 18

**Subject:** STATUS REPORT ON THE TOWN OF APPLE VALLEY “HEALTHY APPLE VALLEY” PROGRAM; AND ADOPT RESOLUTION NO. 2014-02, A RESOLUTION OF THE TOWN COUNCIL OF THE TOWN OF APPLE VALLEY, CALIFORNIA, PROCLAIMING FEBRUARY 2014 AS AMERICAN HEART MONTH

**T.M. Approval:** \_\_\_\_\_

**Budgeted Item:**  Yes  No  N/A

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### RECOMMENDED ACTION:

That the Town Council receive and file the status report on the “Healthy Apple Valley” Program and adopt Resolution No. 2014-02, A Resolution of the Town Council of the Town of Apple Valley, California, proclaiming February 2014 as American Heart Month.

### SUMMARY:

Staff will present an update to the Council on the progress of the Healthy Apple Valley program.

As part of the scope of work for the Healthy Apple Valley program, public awareness as well as health related events are designed and provided to offer opportunities for the Community and its Citizens to improve their overall health . February of each year is designated as American Heart Month and staff is recommending the approval of the American Heart Month proclamation. In conjunction with, American Heart Month, the Town of Apple Valley will be offering programs throughout the month of February in support of the Health and well being of its citizens.

### FISCAL IMPACT:

N/A

## **RESOLUTION No. 2014-02**

### **A RESOLUTION OF THE TOWN COUNCIL OF THE TOWN OF APPLE VALLEY, CALIFORNIA, PROCLAIMING FEBRUARY 2014 AS AMERICAN HEART MONTH**

**WHEREAS**, February 2014 has been designated as American Heart Month; and

**WHEREAS**, The Town of Apple Valley and the Healthy Apple Valley Program support the improved health and well being of its Citizens; and

**WHEREAS**, heart disease costs the United States over \$400 billion each year; and

**WHEREAS**, heart disease is the leading cause of death for both men and women, exceeding all forms of cancer combined in the United States, killing more than 600,000 Americans each year; and

**WHEREAS**, the symptoms of heart disease can be different for men and woman and are often misunderstood; and

**WHEREAS**, heart disease accounts for 1 in 3 deaths of women in the United States; and

**WHEREAS**, only 1 in 5 women believe heart disease is her greatest health threat; and

**WHEREAS**, in 2010, there were a reported 2,044 deaths due to heart disease in San Bernardino County ranking San Bernardino County 56<sup>th</sup> out of 58<sup>th</sup> counties in California; and

**WHEREAS**, the chance of developing heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk; and

**WHEREAS**, the Town of Apple Valley is offering Heart Healthy events each weekend in February including a 60 minutes to Heart Health walk, Healthy Heart Seminar, Vantastic Mobile Recreation and The 3<sup>rd</sup> Annual Heart Games.

**NOW, THEREFORE, BE IT RESOLVED** that the Town Council of the Town of Apple Valley do hereby proclaim February 2014 as American Heart Month and encourage its citizens to recognize the problem of heart disease, increase their knowledge and awareness of heart disease and support programs that help reduce the chance of developing heart disease.

**APPROVED** and **ADOPTED** by the Town Council of the Town of Apple Valley  
this 14th day of January, 2014.

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Art Bishop, Mayor

**ATTEST:**

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La Vonda M-Pearson, Town Clerk