



**OFFICE OF THE GOVERNOR
AMERICAN SAMOA GOVERNMENT**

**PROCLAMATION
“AMERICAN SAMOA HEART MONTH, FEBRUARY 2023”**

WHEREAS, heart disease continues to be the greatest health threat to Americans and is the leading cause of death for men, women and people of most racial and ethnic groups in the United States; and

WHEREAS, American Samoa’s death rate from cardiovascular disease is twice as high as in the continental United States; and

WHEREAS, one person dies every 34 seconds in the United States from cardiovascular disease; and

WHEREAS, rheumatic heart disease is expected to cause considerable lifelong disability in American Samoa, where it is approximately 10 times more common than in the continental United States; and

WHEREAS, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking and vaping, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting a moderate-intensity physical activity weekly and getting regular checkups; and

WHEREAS, on Friday, 3 February 2023, *National Wear Red Day*- we honor those we have lost to heart disease and raise awareness of the actions we can all take to prevent it; and

WHEREAS, during February 2023 we will celebrate a month-long series of awareness campaigns, educational activities, collaborative events, and media coverage about heart disease prevention and treatment.

NOW, THEREFORE, I, TALAUEGA E. V. ALE, Acting Governor of the Territory of American Samoa, do hereby proclaim February 2023 as “*American Samoa Heart Month*” in American Samoa, and urge all citizens to show their support for the fight against heart disease by commemorating this month as American Heart Month. By increasing awareness, speaking out about heart disease, and empowering others to reduce the risk of cardiovascular diseases, we can save many lives and improve the quality of life for many more. LIFE is why!

IN WITNESS WHEREOF, I have hereunto affixed my signature and the Seal of my office on this 20th day of January, in the year of our Lord two thousand twenty-three.

TALAUEGA E. V. ALE
Acting Governor