



**OFFICE OF THE GOVERNOR
AMERICAN SAMOA GOVERNMENT**

PROCLAMATION

“AMERICAN SAMOA HEART MONTH”

WHEREAS, cardiovascular disease is the leading cause of death in American Samoa and includes heart attacks, rheumatic heart disease, strokes and high blood pressure, and affects men, women and people of most racial and ethnic groups; and

WHEREAS, American Samoa’s death rate from cardiovascular disease is twice as high as in the continental United States; 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, education can lead to awareness of signs and symptoms of cardiovascular disease and can lead to earlier detection; and

WHEREAS, cardiovascular disease can be prevented by adopting a heart-healthy lifestyle, which includes maintaining a normal weight, controlling blood sugar and cholesterol, treating high blood pressure, getting regular exercise and not smoking; and

WHEREAS, during February 2024 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, LEMANU P. S. MAUGA, Governor of the Territory of American Samoa, do hereby proclaim the month of February 2024 as "American Samoa Heart Month" in the Territory of American Samoa, and urge all citizens to show their support for the fight against heart disease.

IN WITNESS WHEREOF, I have hereunto affixed my signature and the seal of my office on this 30th day of January, in the year of our Lord two thousand twenty-four.


LEMANU P. S. MAUGA
Governor