

**Los Angeles County Heart Walk Day**

The 2018 Los Angeles County Heart Walk is a non-competitive 5K walk promoting physical activity and heart-healthy living in a fun, family environment. Funds raised through the Heart Walk support research and outreach to individuals at risk for cardiovascular disease.

The annual Heart Walk has become an opportunity for people to improve their health by walking and raising funds to help fight heart disease and stroke. The Heart Walk creates a stronger community among participants and survivors, instills passion to reduce disability and death from cardiovascular diseases and stroke, and generates excitement for a new or renewed commitment to heart-healthy living. This year 20,000 participants are expected to show their support and demonstrate their commitment to fighting Los Angeles County’s No. 1 and No. 2 killers – heart disease and stroke.

Four Heart Walks will be held in Los Angeles County this year. The dates are as follows:

Long Beach – Rainbow Lagoon Park – September 24, 2018

Pasadena – Rose Bowl – September 29, 2018

Santa Clarita – Bridgeport Park – November 3, 2018

**MOTION**

Solis \_\_\_\_\_

Ridley-Thomas \_\_\_\_\_

Hahn \_\_\_\_\_

Barger \_\_\_\_\_

Kuehl \_\_\_\_\_

Antelope Valley – Pelona Vista Park – November 10, 2018

Several County departments will join this year's Heart Walk to support the mission of the American Heart Association. In support of this effort, County departments' wellness coordinators will be asked to disseminate information regarding the Heart Walk and encourage colleagues to support and participate in these events.

Because so many of us have been touched by heart disease in our families and circles of friends, and because the Heart Walk supports the goals of this Board to improve the health of all County residents by encouraging physical exercise and healthy living,

**I, THEREFORE, MOVE** that the Board of Supervisors:

1. Direct every County department to support the Los Angeles County Heart Walk by registering and supporting fundraising efforts;
2. Direct the County Department Public Information Officers to promote and distribute materials related to Greater Los Angeles County Heart Walk;
3. Direct all County Departments wellness coordinators to promote the 2018 American Heart Association Heart Walk and encourage colleagues to participate and support;
4. Direct the Auditor-Controller to publicize the Heart Walk events on the August 15, 2018 paycheck run and encourage active employee participation; and
5. Proclaim the month of September as "Los Angeles County Heart Walk Month" in support of the event, which encourages all employees to live a healthier lifestyle and reduce risk for heart attack and stroke.