

MOTION BY SUPERVISOR HOLLY J. MITCHELL

February 27, 2024

Proclaiming February 2024 as Heart Health Month in Los Angeles County

February is American Heart Month, a time when we are all encouraged to focus on our heart health. Heart disease is the leading cause of death in Los Angeles County (County), and it continues to be the leading cause of death in the nation. Coronary heart disease is a type of heart disease where the arteries of the heart cannot deliver enough oxygen-rich blood to the heart and can lead to cardiac arrest if left untreated.

In 2023, the Department of Public Health reported that the rate of coronary heart disease deaths is 97.7 per 100,000 Countywide while the rate in Service Planning Area Six (South Los Angeles) jumps to 132.8 per 100,000 and in the Second District, 105.2 deaths per 100,000 population. This higher rate of deaths due to coronary heart disease is a striking and unfair inequity that points to lack of access and barriers to healthy food, safe spaces to recreate, and other opportunities to make healthier choices that promote heart health.

According to the American Heart Association, more than 350,000 cardiac arrests occur outside of hospitals each year, and more than 70 percent happen at home. Every second counts when it comes to sudden cardiac arrest, and any attempt at out-of-hospital cardiopulmonary resuscitation (CPR) can improve survival rates. However, studies have found that fewer than 50 percent of people who have a cardiac arrest witnessed by a bystander will get immediate CPR before emergency professionals arrive. According to a

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study in the New England Journal of Medicine “Blacks and Hispanics [Latinx] experiencing a cardiac arrest at home or in a public location are even less likely than White persons to receive bystander CPR, regardless of the racial or ethnic makeup or the income level of the neighborhood where the cardiac arrest occurs.”

Receiving immediate CPR is key to recovery from cardiac arrest. Studies show hands-only CPR can potentially triple the chance of survival for someone experiencing cardiac arrest, especially if performed immediately. Hands-only CPR is easy to learn and working with other government agencies, communities, and businesses, we have an opportunity to promote this life saving skill and improve the chances of survival for County residents who suffer a cardiac arrest.

Today, we acknowledge the incredible work of the Department of Public Health, the American Heart Association and more than 100 organizations and institutions, including other County Departments, professional sports teams, businesses, colleges/universities, schools, and community partners for successfully training 506,322 County residents and workers in hands-only CPR as part of their 2023 Heart Heroes Campaign.

I THEREFORE MOVE THAT THE BOARD OF SUPERVISORS:

1. Declare the month of February 2024 as Heart Health Month in Los Angeles County.
2. Recognize the Department of Public Health, American Heart Association and more than 100 partners for reaching their 2023 Heart Heroes Campaign goal to train at least 500,000 Los Angeles County residents and workers in hands-only CPR.
3. Encourage all Los Angeles County residents to learn hands-only CPR and invite County Departments, businesses, educational partners, and other community partners to get involved in this critical effort to promote this life saving skill.

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