

MOTION BY SUPERVISOR JANICE HAHN

Proclaiming May 2026 as Stroke Awareness Month

Each May, the United States observes Stroke Awareness Month to promote understanding of stroke warning signs, risk factors, and prevention strategies. According to the Centers for Disease Control and Prevention (CDC):

- One in six deaths from cardiovascular disease was due to stroke;
- Every 40 seconds, someone in the United States has a stroke;
- Every 3 minutes and 14 seconds, someone dies of a stroke in this country;
- The risk of having a first stroke is nearly twice as high for non-Hispanic Black adults as for White adults;
- Non-Hispanic Black adults and Pacific Islander adults have the highest rates of death from stroke; and
- Stroke is the leading cause of serious long-term disability.¹

Patients who reach the emergency room within three hours of their first stroke typically experience less disability three months after stroke. Because stroke is the leading cause of serious long-term disability for Americans, it is crucial that we learn to recognize the warning signs and act quickly to seek emergency care. The CDC

¹ <https://www.cdc.gov/stroke/data-research/facts-stats/index.html>

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emphasizes that “the chances of survival are greater when emergency treatment begins quickly.”²

The American Stroke Association (ASA) also states that women face a higher risk of stroke than men and that stroke is the third leading cause of death among women. As a precaution, the ASA recommends taking preventive steps to control stroke risk, including increasing physical activities and maintaining a healthy diet.

I, THEREFORE, MOVE that the Board of Supervisors proclaim the month of May 2026 as Stroke Awareness Month in the County of Los Angeles, and encourage employees and residents to learn the early signs of stroke and take preventative steps to help save lives and reduce stroke related disabilities for our families, employees, and County residents.

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² Id.