

MOTION BY SUPERVISOR HILDA L. SOLIS

JUNE 9, 2026

Proclaiming October 2026 as the Los Angeles County Heart Walk Month

Cardiac arrest is a leading cause of death worldwide, and each year more than 350,000 cardiac arrests occur outside of hospitals in the United States, with only an estimated 10% of people surviving. In Los Angeles County, the survival rate from cardiac arrest is even lower at 8.1%. Immediate cardiopulmonary resuscitation (CPR) can double or even triple a person’s chance of survival, yet only about 41% of people who experience cardiac arrest receive immediate CPR from someone nearby, and fewer than 12% receive aid from an automated external defibrillator (AED) before advanced help arrives.

To move towards their goal of doubling the survival rate from cardiac arrest, in 2025 the American Heart Association taught over 300,000 Angelenos how to perform CPR in a cardiac emergency. Additionally, the County proclaimed June 1 – 7, 2026 as CPR and AED Awareness Week to highlight the importance of bystander CPR, and use of an AED to save lives. In collaboration with the American Heart Association, the Department of Health Services’ Emergency Medical Services Agency also coordinated county-wide “Hands-Only” Sidewalk CPR trainings with local fire departments, ambulance companies, and hospitals.

MOTION

Mitchell _____

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This year, the American Heart Association will host its annual Greater Los Angeles Heart Walk on Saturday, October 3, 2026, at the Rose Bowl Stadium to raise awareness and encourage physical activity that promotes heart health and well-being. The Greater Los Angeles Heart Walk 2026 will provide an opportunity for people to improve their health by walking to raise funds to support research and local programs specifically designed to address disparities related to heart disease and stroke awareness.

Increasing awareness of heart disease and empowering Angelenos to reduce their risk for cardiovascular disease, can help save thousands of lives each year. Many County residents have been affected or known someone who has been affected by cardiovascular disease. By proclaiming the month of October as “Los Angeles County Heart Walk Month”, the County recognizes the critical role of Angelenos in raising awareness of the ongoing fight against heart disease and stroke, and critical efforts to increase the survival rate from cardiac arrest. County staff and the broader community are encouraged to support the fight against heart disease by participating in heart healthy activities that help Angelenos live longer, healthier lives.

I, THEREFORE, MOVE that the Board of Supervisors:

1. Proclaim the month of October as “Los Angeles County Heart Walk Month” in support of the event, which encourages all employees to live a healthier lifestyle and reduce the risk for cardiovascular disease;
2. Direct all Los Angeles County Departments to support the 2026 Greater Los

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- Angeles Heart Walk by registering and supporting fundraising efforts;
3. Direct the Los Angeles County Department Public Information Officers to promote and distribute materials related to the 2026 Greater Los Angeles Heart Walk; and
 4. Direct all Los Angeles County Department wellness coordinators to promote the 2026 Greater Los Angeles Heart Walk and encourage colleagues to participate and support.

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HLS:jgd