

**MOTION BY SUPERVISOR MARK RIDLEY-THOMAS**

**MAY 23, 2017**

**Los Angeles County Heart and Stroke Walk**

Many families have been touched by heart disease and cerebrovascular accident (stroke) and have witnessed loved ones suffer with these life threatening diseases, altering their quality of life and in many cases, losing their lives from complications.

According to the annually published California Department of Public Health's (CDPH) County Health Status Profiles 2016 report, which presents public health data that can be directly compared with clearly established benchmarks, such as national standards, and populations of similar composition, the crude death rate (number of deaths occurring among the population of a given geographical area during a given year) from coronary heart disease for California was 100.9 deaths per 100,000 population; the risk of dying from coronary heart disease is equivalent to approximately one death for every 991.1 persons residing in California. The crude death rate from stroke for California was 35.5 deaths per 100,000 population; the risk of dying from cerebrovascular accident is equivalent to approximately one death for every 2,814.4 persons.

The same CDPH report also shows that the crude death rate from coronary heart disease for residents of the County of Los Angeles (County) was 115.3 deaths per

**- MORE -**

**MOTION**

Solis	_____
Kuehl	_____
Hahn	_____
Barger	_____
Ridley-Thomas	_____

**MOTION BY SUPERVISOR MARK RIDLEY-THOMAS  
MAY 23, 2017  
PAGE 2**

100,000 population, and the crude death rate from stroke was 32.9 deaths per 100,000 population, based on a 2012 through 2014 three-year average number of deaths equaling 11,541.3 and a population of 10,010,961.

The Los Angeles County Heart and Stroke Walk (Heart and Stroke Walk) supports the goals to improve the health of all County residents by encouraging physical activity and healthy living. The 2017 Heart and Stroke Walk is a non-competitive 5K walk promoting physical activity and heart-healthy living in a fun, family-oriented environment.

The annual Heart and Stroke Walk is an opportunity for people to improve their health by walking and raising funds to help fight heart disease and stroke. Funds that are raised through the Heart and Stroke Walk support research and outreach to individuals at risk for cardiovascular disease and stroke.

The Heart and Stroke 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, more than 25,000 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.

This year, four Heart and Stroke Walks will be held throughout the County. The dates and locations are as follows:

- **Pasadena – September 23 – Rose Bowl**
- **Santa Clarita – September 30 – Bridgeport Park**
- **Long Beach – October 21 – Shoreline Aquatic Park**
- **Antelope Valley – November 4 – Marie Kerr Park**

Several County departments will join this year's Heart and Stroke 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

**MOTION BY SUPERVISOR MARK RIDLEY-THOMAS  
MAY 23, 2017  
PAGE 3**

the Heart and Stroke Walk and encourage colleagues to support and participate in these events.

**I THEREFORE MOVE THAT THE BOARD OF SUPERVISORS:**

1. Direct all Los Angeles County (County) departments to support the Los Angeles County Heart and Stroke Walks by registering and supporting fundraising efforts;
2. Direct the County Department Public Information Officers to promote and distribute materials related to the Heart and Stroke Walks;
3. Direct all County Departments wellness coordinators to promote the 2017 Heart and Stroke Walks and encourage colleagues to participate and support;
4. Direct the Auditor-Controller to publicize the Heart and Stroke Walk events on the August 15, 2017 paycheck run and encourage active employee participation; and
5. Proclaim the month of September as “Los Angeles County Heart and Stroke Walk Month” in support of the event, which encourages all employees to live a healthier lifestyle and reduce risk for heart attack and stroke.

**###**

(SM)