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FOR IMMEDIATE RELEASE



Contacts: Shila Thorson, RN-BC, MSN  
State Stroke & Cardiac System Coordinator  
ND Department of Health - Division of Emergency Medical Systems  
701-328-4569, [smthorson@nd.gov](mailto:smthorson@nd.gov)

June Herman  
Government Relations Director  
American Heart Association  
701-658-3047, [June.Herman@Heart.org](mailto:June.Herman@Heart.org)



### **Governor Burgum Declares February as American Health Month in North Dakota**

BISMARCK, N.D. – Every 40 seconds, someone in the United States dies of heart disease – about 2,150 deaths each day. In North Dakota, more than 1,600 people die of heart disease and stroke each year. However, 80 percent of those deaths could be prevented.

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The North Dakota Department of Health has teamed with the American Heart Association during February, which is American Heart Month, to help raise awareness of the risk factors for heart disease and stroke, educate North Dakotans about preventing heart disease and stroke, and promote the Cardiac Ready Communities project.

Governor Doug Burgum has proclaimed February as “American Heart Month” in celebration of the organizations’ efforts.

“Seconds matter when a neighbor, co-worker, or family member has a cardiac event, and in rural North Dakota, there can be time delays before first responders can arrive on the scene,” said Shila Thorson, State Stroke & Cardiac System Coordinator. “No one should lose a loved one because no one nearby knew how to help. Communities working together to create a chain of survival can make all the difference in whether a person survives a heart-related emergency and with less heart damage.”

The Cardiac Ready Communities project is a partnership of the North Dakota Department of Health’s Division of Emergency Medical Systems (EMS) and the American Heart Association through the North Dakota Cardiac System of Care. The program is designed to promote survival from cardiac events, such as sudden cardiac arrest (SCA), that occurs outside of the hospital. Communities in other states that have done similar projects have seen their survivor rates of cardiac arrest increase dramatically. For more information on the Cardiac Ready Communities project, visit the North Dakota Department of Health’s Division of EMS website at <https://www.health.nd.gov/epr/emergency-medical-systems/>.

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State of  
**North Dakota**  
*Office of the Governor*

**Doug Burgum**  
*Governor*

PROCLAMATION  
**AMERICAN HEART MONTH**  
FEBRUARY 2017

**WHEREAS**, while progress has been significant in reducing deaths from heart disease, cardiovascular disease continues to be the nation's leading cause of death and costliest disease with direct and indirect costs estimated to be \$320.1 billion; and

**WHEREAS**, heart disease is the leading cause of death in North Dakota, accounting for 1,352 deaths in 2014; and

**WHEREAS**, the North Dakota Cardiac System's mission is to be an effective system of acute cardiovascular emergency care throughout the state and ensure and facilitate the implementation of the system; and

**WHEREAS**, the Cardiac Ready Communities project in North Dakota promotes public education, CPR training, and AED access to the general public; and

**WHEREAS**, CPR skills training is now a benchmark outcome within new North Dakota quality PE standards at both the middle school and high school level, with almost 7,000 North Dakota students graduating every year with the lifesaving skills of CPR; and


**WHEREAS**, hospitals and emergency medical services across the state of North Dakota are equipped with lifesaving equipment, such as 12-lead cardiac monitors and LUCAS automated CPR devices; and

**WHEREAS**, during American Heart Month, the American Heart Association is promoting education and awareness by encouraging citizens to learn the warning signs of heart attacks and strokes; and

**WHEREAS**, North Dakotans are encouraged to support the ongoing fight against heart disease by learning CPR and dialing 9-1-1 to activate the lifesaving cardiac system of care that will increase survival rates; and

**WHEREAS**, all North Dakota citizens are encouraged to recognize the critical importance of identifying symptoms, taking preventive measures to live healthy, and incorporating tools and skills that will increase survival rates and save thousands of lives each year.

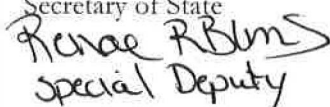
**NOW, THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim February 2017, **AMERICAN HEART MONTH** in the state of North Dakota.

  
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Doug Burgum  
Governor

ATTEST:

  
Alvin A. Jaeger

Secretary of State

  
Renae R. Blum  
Special Deputy

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## **American Heart Month Statistics**

In the United States...

- President Lyndon B. Johnson declared the first American Heart Month in 1964. Ever since then, the month of February has been dedicated to cardiovascular health.
- Fewer Americans have been dying of heart disease and stroke since the 1980s thanks to progress in medical therapies for patients with a history of heart disease and stroke and from lifestyle changes that are curbing the risk.
- In every year since 1900 except 1918, CVD accounted for more deaths than any other major cause of death in the United States. Stroke still ranks fifth.
- An estimated 85.6 million people in the U.S. are living with cardiovascular diseases, including heart attack, stroke, high blood pressure and chest pain.
- Among U.S. adults, 32.6 percent—about 80 million—have high blood pressure.
- Despite an overall 28.8 percent drop in cardiovascular disease death rates from 2003 to 2013, the high blood pressure death rate increased 8.2 percent over that same time.
- For additional heart disease and stroke statistics, visit [www.heart.org](http://www.heart.org).

## **Heart Attack Warning Signs**

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness.

## **Stroke Warning Signs**

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble walking, dizziness, loss of balance or loss of coordination.
- Sudden severe headache with no known cause.

Call 9-1-1 if you see or have any of these symptoms. Treatment can be more effective if given quickly. Every minute counts!