

## HEART MONTH 2026 PROCLAMATION

**WHEREAS**, 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 approximately 10 percent of people surviving; and

**WHEREAS**, about 70 percent of out-of-hospital cardiac arrests occur at home, meaning that people nearby—often family members—are the first and most critical link in the chain of survival; and

**WHEREAS**, immediate cardiopulmonary resuscitation (CPR) can double or even triple a person's chance of survival, yet only about 41 percent of people who experience cardiac arrest receive immediate CPR from someone nearby, and fewer than 12 percent receive aid from an automated external defibrillator (AED) before advanced help arrives; and

**WHEREAS**, for adults and teens, Hands-Only CPR—calling 911 and pushing hard and fast in the center of the chest—can double or triple the chance of survival, while infants and children require CPR with rescue breaths to restore oxygen and circulation; and

**WHEREAS**, each year more than 23,000 children experience cardiac arrest outside of the hospital, with almost 40 percent related to sports and nearly 20 percent occurring among infants; cardiac arrest accounts for 10 to 15 percent of sudden unexpected infant deaths; and

**WHEREAS**, studies show that women are less likely than men to receive CPR before advanced help arrives due to fear of causing harm, perceived legal risk, or discomfort about physical contact—factors that must be addressed through education and awareness; and

**WHEREAS**, the American Heart Association has set a bold goal to **double survival from out-of-hospital cardiac arrest by 2030** through its **Nation of Lifesavers™ initiative**, empowering people everywhere to confidently perform CPR and use AEDs; and

**WHEREAS**, straightforward, community-based solutions—such as CPR and AED education, public access to defibrillators, and cardiac emergency response plans (CERPs) in schools, workplaces, and public spaces—can save lives and strengthen community readiness;

**NOW, THEREFORE**, I, [Governor/Mayor Name], do hereby proclaim **February 2026 as AMERICAN HEART MONTH** in [State/City Name] and encourage all residents to learn CPR, promote awareness of cardiac arrest and emergency response, and join the effort to build a **Nation of Lifesavers™**, ensuring that every person, everywhere, is prepared to act in a cardiac emergency.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the [State/City] to be affixed this [date] day of [month], [year].

**[Governor/Mayor Name]**  
[Title]  
[State/City Name]

<sup>[1]</sup> [https://mycares.net/sitepages/uploads/2024/2023\\_flipbook/index.html?page=32](https://mycares.net/sitepages/uploads/2024/2023_flipbook/index.html?page=32)

<sup>[2]</sup> <https://www.ahajournals.org/doi/10.1161/CIR.0000000000001123> (2023 American Heart Association Stats Update)

<sup>[3]</sup> [https://mycares.net/sitepages/uploads/2024/2023\\_flipbook/index.html?page=32](https://mycares.net/sitepages/uploads/2024/2023_flipbook/index.html?page=32)

<sup>[4]</sup> [Association of Bystander and First-Responder Efforts and Outcomes According to Sex: Results From the North Carolina](#)

<sup>[5]</sup> [https://mycares.net/sitepages/uploads/2024/2023\\_flipbook/index.html?page=6](https://mycares.net/sitepages/uploads/2024/2023_flipbook/index.html?page=6)

<sup>[6]</sup> [https://mycares.net/sitepages/uploads/2024/2023\\_flipbook/index.html?page=6](https://mycares.net/sitepages/uploads/2024/2023_flipbook/index.html?page=6)

<sup>[7]</sup> [https://www.resuscitationjournal.com/article/S0300-9572\(20\)30160-X/abstract?utm\\_source=chatgpt.com](https://www.resuscitationjournal.com/article/S0300-9572(20)30160-X/abstract?utm_source=chatgpt.com)

<sup>[8]</sup> [Public Perceptions on Why Women Receive Less Bystander Cardiopulmonary Resuscitation Than Men in Out-of-Hospital Cardiac Arrest | Circulation \(ahajournals.org\)](#)

<sup>[9]</sup> [Men Are More Likely Than Women to Receive CPR in Public, Study Finds | DBEI: Department of Biostatistics, Epidemiology and Informatics \(upenn.edu\)](#)