



# State of North Carolina

**ROY COOPER**  
GOVERNOR

## STROKE PREVENTION AWARENESS MONTH

2019

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

### A PROCLAMATION

**WHEREAS**, stroke is a leading cause of serious long-term disability and the fourth leading cause of death in North Carolina; an estimated 298,000 North Carolinians will have a stroke in their lifetime; and

**WHEREAS**, up to 80 percent of strokes are preventable according to the Centers for Disease Control and Prevention; and

**WHEREAS**, after decades of decline, stroke deaths have begun increasing in adults ages 35 and older in North Carolina; and

**WHEREAS**, Americans are more aware of the risk factors and warning signs for stroke than in the past, but according to a recent survey, one-third of adults cannot identify any symptoms; and

**WHEREAS**, the F.A.S.T. warning signs of stroke are Face drooping, Arm weakness, and Speech difficulty, which mean it's Time to call 9-1-1; beyond F.A.S.T., additional stroke symptoms include sudden numbness or weakness of the face, arm, or leg, especially on one side of the body; sudden confusion or trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden dizziness, trouble walking, and loss of balance or coordination; and sudden severe headache with no known cause; and

**WHEREAS**, new and effective treatments have been developed to minimize the severity and damaging effects of stroke, but much more research is needed; and

**WHEREAS**, the North Carolina Stroke Advisory Council's Small Steps, Bright Future campaign focuses on preventing stroke among African Americans who are at a disproportionate risk for stroke; and

**WHEREAS**, the State of North Carolina encourages all people to increase physical activity, eat healthy food, quit tobacco use and exposure to secondhand smoke, monitor blood pressure, and visit [startwithyourheart.com](http://startwithyourheart.com) to find out more about lifesaving steps everyone can take to help prevent stroke;

**NOW, THEREFORE, I, ROY COOPER**, Governor of the State of North Carolina, do hereby proclaim May, 2019, as "STROKE PREVENTION AWARENESS MONTH" in North Carolina, and commend its observance to all citizens.



Roy Cooper  
Governor

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this thirtieth day of April in the year of our Lord two thousand and nineteen and of the Independence of the United States of America the two hundred and forty-second.