



State of North Carolina

JOSH STEIN
GOVERNOR

HEART HEALTH AWARENESS MONTH

AND

NATIONAL WEAR RED DAY

2026

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, heart disease is the leading cause of death in North Carolina, claiming the lives of more than 21,000 people in 2023; and

WHEREAS, in 2023, approximately 19.7 percent of deaths in North Carolina were caused by heart disease; and

WHEREAS, the State of North Carolina is committed to supporting all people in their efforts to achieve better heart health, closing the racial gaps in cardiovascular disease, and addressing the unequal burden of heart disease among women in high-risk communities; and

WHEREAS, the State of North Carolina encourages people to discuss family medical history with a health care provider, regularly monitor their blood pressure, and enjoy a healthy lifestyle to decrease the risk of heart disease and improve long-term heart health; and

WHEREAS, Heart Health Month is an opportunity for organizations and health practitioners in North Carolina to promote awareness of screening, increase access to screenings, and advocate for those who are at risk and diagnosed with heart disease;

NOW, THEREFORE, I, JOSH STEIN, Governor of the State of North Carolina, do hereby proclaim February 2026 as “**HEART HEALTH AWARENESS MONTH**” and February 6, 2026, as “**NATIONAL WEAR RED DAY**” in North Carolina and commend its observance to all residents.





JOSH STEIN
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 twenty-seventh day of January in the year of our Lord two thousand and twenty-sixth and of the Independence of the United States of America the two hundred and fiftieth.