



# State of North Carolina

**JOSH STEIN**  
GOVERNOR

**HEART HEALTH AWARENESS MONTH**

**AND**

**NATIONAL WEAR RED DAY**

**2025**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

**A PROCLAMATION**

**WHEREAS**, heart disease is the leading cause of preventable deaths in North Carolina, claiming the lives of more than more than 680,981 people in 2023; and

**WHEREAS**, in 2023, approximately 19.5 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, promote 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 encourage awareness of the importance of screening for heart disease, increase access to screenings, and advocate for those who are at-risk or diagnosed with heart disease;

**NOW, THEREFORE**, I, JOSH STEIN, Governor of the State of North Carolina, do hereby proclaim February 2025, as “**HEART HEALTH AWARENESS MONTH**” and February 2, 2025, as “**NATIONAL WEAR RED DAY**” in North Carolina, and commend its observance to all citizens.





**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 third day of February in the year of our Lord two thousand and twenty-fifth and of the Independence of the United States of America the two hundred and forty-ninth.