

BEFORE THE BOARD OF COUNTY COMMISSIONERS  
FOR MULTNOMAH COUNTY, OREGON

**PROCLAMATION NO. 07-133**

Proclaiming July 30, 2007 as Beat Your Risk of High Blood Pressure Day in Multnomah County, Oregon

**The Multnomah County Board of Commissioners Finds:**

- a) On behalf of the citizens of Multnomah County, we are pleased to join the American Heart Association and American Stroke Association in celebrating July 30, 2007 as Beat Your Risk of High Blood Pressure Day in Multnomah County.
- b) The goal for Beat Your Risk of High Blood Pressure Day is to encourage people to be proactive about their blood pressure, understand the risks it poses for adverse cardiovascular events, and learn more about how to maintain healthy blood pressure to reduce their risk.
- c) Nearly one in three adults in the U.S. has high blood pressure, but because there are no symptoms, nearly one-third of these people don't know they have it.
- d) Uncontrollable high blood pressure is a primary cause of death for over a quarter of a million Americans annually, and can lead to stroke, heart attack, heart failure or kidney failure.
- e) High blood pressure is a leading risk factor for all forms of cardiovascular disease, which claim the lives of nearly 9,000 Oregonians each year.
- f) The only way to check for high blood pressure is to have your blood pressure checked.
- g) The American Heart Association and the Multnomah County Health Department urge Multnomah county residents to participate in free blood pressure screenings at Pioneer Courthouse Square on Monday July 30, 2007 from 10 a.m. to 2 p.m.

**The Multnomah County Board of Commissioners Proclaims:**

July 30, 2007 to be BEAT YOUR RISK OF HIGH BLOOD PRESSURE DAY in Multnomah County and urge all Oregonians to familiarize

themselves with the risk factors associated with high blood pressure so that we might begin to reduce the devastating cardiovascular effects of high blood pressure on our population. Further, we encourage county residents to participate in the free blood screenings at Pioneer Courthouse Square on July 30.

ADOPTED this 30th day of July, 2007.

BOARD OF COUNTY COMMISSIONERS  
FOR MULTNOMAH COUNTY, OREGON

  
Ted Wheeler, County Chair



Maria Rojo de Steffey,  
Commissioner District 1





Jeff Cogen  
Commissioner District 2



Lisa Naito,  
Commissioner District 3



Lonnie Roberts,  
Commissioner District 4

SUBMITTED BY:  
Commissioner Maria Rojo de Steffey