



2009 NATIONAL HEART HEALTH MONTH PLEDGE FORM

We are proud to be joining CCDPH and the American Heart Association in the fight against the #1 cause of death of men and women in the United States. We pledge to: (check all that apply)

- Ask our employees and residents to wear red on February 6th** (or another day of significance) in honor of National Heart Health Month and in support of the Go Red For Women movement. We will promote Wear Red Day in ways such as posting information on bulletin boards, in kiosks or the municipal/village sign.
- Distribute health information to our employees, residents and their families.** Feel free to make copies of the enclosed 1-pager, 2009 National Heart Health Month: Take Action to Prevent Heart Disease.
- Pass a resolution in honor of National Heart Health Month.** See enclosed example. A template may be downloaded from CCDPH's website, www.cookcountypublichealth.org after January 15, 2009.
- Promote worksite wellness.** We will identify and support programs for employees and/or work to develop and implement policies such as providing healthy food options at meetings, encouraging our employees to walk during their lunch hour, or supporting a smoke-free environment. For additional information on resources and technical assistance that CCDPH can offer, please contact Crystal Geris, MPH, CCDPH Health Educator, at 708-492-2007.
- Other** (Please describe): _____

Please fill out the following information:

Name: _____

Township: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____ Fax: _____

Mail, fax, or e-mail this form no later than Friday, February 6th to:

Cook County Department of Public Health

Health Promotion Unit

1010 Lake St, Suite 300

Oak Park, IL 60301

Fax: 708-492-2913

cgeris@cookcountygov.com