Founders Affiliate
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September 14,2016

Testimony

In Support of Int 405-A, Int 695-A and Int 795-A

Submitted by:
American Heart Association / American Stroke Association
Robin Vitale – Senior Director, Government Relations

Good morning, Chairman Williams and members of the New York City Council Committee on Housing and Buildings. My name is Robin Vitale, and I serve the American Heart Association / American Stroke Association as the Senior Director of Government Relations for New York City. The American Heart Association / American Stroke Association is the largest voluntary health organization, dedicated to pursuing a world free of heart disease and stroke.

Cardiovascular diseases and stroke, the number one cause of death and disability in New York, are largely preventable. In many instances, heart disease and stroke occur as a result of poor lifestyle behaviors. Indeed, living with unhealthy weight is a leading cause of heart disease and stroke.

Being labeled as obese, or carrying too much body fat, has devastating effects on your heart health. Specifically, obesity raises blood cholesterol and triglyceride levels and lowers HDL "good" cholesterol. Being obese also raises blood pressure and can induce diabetes, another cardiovascular disease risk factor.

According to the 2016 Heart Disease and Stroke Statistics Update, one in every three U.S. adults – 30 percent – reports participating in no leisure time physical activity.[1] As a result, the American Heart Association / American Stroke Association strongly supports every effort to motivate a more physically active lifestyle in New York City.

According to the New York City Department of Health and Mental Hygiene, more than half of adult New Yorkers have unhealthy weight.[2] Every effort should be made to reduce barriers to physical activity like biking in our city. By providing clear guidance to bikers and building management regarding the best way to safely store bicycles, you will make it easier for New Yorkers to consider this option as they travel around the city.

The American Heart Association / American Stroke Association supports this package of legislation as part of an overall goal to motivate New Yorkers to become more physically active. By encouraging residents to use bicycles more often, the Council is taking an important step toward preventing heart disease and stroke. We applaud the Council's goal, and we look forward to your support of Int 405-A, Int 695-A and Int 795-A as a result. Thank you.

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[1] Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, Blaha MJ, Cushman M, Das SR, de Ferranti S, Després J-P, Fullerton HJ, Howard VJ, Huffman MD, Isasi CR, Jiménez MC, Judd SE, Kissela BM, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Magid DJ, McGuire DK, Mohler ER III, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Rosamond W, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Woo D, Yeh RW, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2016 update: a report from the American Heart Association [published online ahead of print December 16, 2015]. Circulation. doi: 10.1161/CIR.0000000000000350.
[2] http://www1.nyc.gov/site/doh/health/health-topics/obesity.page

THE COUNCIL
THE CITY OF NEW YORK

Appearance Card

I intend to appear and speak on Int. No. __All__ Res. No. _____

☑ in favor ☐ in opposition

Date: _____

(PLEASE PRINT)

Name: Robin Vitale

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I represent: American Heart Association

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