



# Proclamation

## By the Governor of Alabama

WHEREAS, cardiac arrest is a leading cause of death worldwide, and each year more than 350,000 cardiac arrests occur outside of hospitals in the United States, with approximately 10 percent of people surviving; and

WHEREAS, about 70 percent of out-of-hospital cardiac arrests occur at home, meaning that people nearby—often family members—are the first and most critical link in the chain of survival; and

WHEREAS, immediate cardiopulmonary resuscitation (CPR) can double or even triple a person's chance of survival, yet only about 41 percent of people who experience cardiac arrest receive immediate CPR from someone nearby, and fewer than 12 percent receive aid from an automated external defibrillator (AED) before advanced help arrives; and

WHEREAS, for adults and teens, Hands-Only CPR—calling 911 and pushing hard and fast in the center of the chest—can double or triple the chance of survival, while infants and children require CPR with rescue breaths to restore oxygen and circulation; and

WHEREAS, each year more than 23,000 children experience cardiac arrest outside of the hospital, with almost 40 percent related to sports and nearly 20 percent occurring among infants. Cardiac arrest accounts for 10 to 15 percent of sudden unexpected infant deaths; and

WHEREAS, studies show that women are less likely than men to receive CPR before advanced help arrives due to fear of causing harm, perceived legal risk, or discomfort about physical contact—factors that must be addressed through education and awareness; and

WHEREAS, the American Heart Association has set a bold goal to double survival from out-of-hospital cardiac arrest by 2030 through its Nation of Lifesavers™ initiative, empowering people everywhere to confidently perform CPR and use AEDs; and

WHEREAS, straightforward, community-based solutions—such as CPR and AED education, public access to defibrillators and cardiac emergency response plans (CERPs) in schools, workplaces and public spaces—can save lives and strengthen community readiness:

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim February 2026,

# Heart Month

and encourage all residents to learn CPR, promote awareness of cardiac arrest and emergency response, and join the effort to build a Nation of Lifesavers™, ensuring that every person, everywhere, is prepared to act in a cardiac emergency.



Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 3<sup>rd</sup> day of February 2026.

  
Kay Ivey, Governor