

are heirs to their extraordinary progress. Racial prejudice is no longer the steepest barrier to opportunity for most African Americans, yet substantial obstacles remain in the remnants of past discrimination. Structural inequalities—from disparities in education and health care to the vicious cycle of poverty—still pose enormous hurdles for black communities across America.

Overcoming today’s challenges will require the same dedication and sense of urgency that enabled past generations of African Americans to rise above the injustices of their time. That is why my Administration is laying a new foundation for long-term economic growth that helps more than just a privileged few. We are working hard to give small businesses much-needed credit, to slash tax breaks for companies that ship jobs overseas, and to give those same breaks to companies that create jobs here at home. We are also reinvesting in our schools and making college more affordable, because a world class education is our country’s best roadmap to prosperity.

These initiatives will expand opportunities for African Americans, and for all Americans, but parents and community leaders must also be partners in this effort. We must push our children to reach for the full measure of their potential, just as the innovators who succeeded in previous generations pushed their children to achieve something greater. In the volumes of black history, much remains unwritten. Let us add our own chapter, full of progress and ambition, so that our children’s children will know that we, too, did our part to erase an unjust past and build a brighter future.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim February 2010 as National African American History Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate programs, ceremonies, and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of February, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

Proclamation 8477 of February 1, 2010

American Heart Month, 2010

*By the President of the United States of America
A Proclamation*

Heart disease is the leading cause of death in the United States. Its victims are women and men, and people of all backgrounds and ethnicities, in all regions of our country. Although heart disease is one of our Nation’s most costly and widespread health problems, it is among the most preventable. During American Heart Month, we rededicate ourselves to fighting this disease by improving our own heart-healthy habits, and by raising awareness in our homes and our communities.

Protecting our families from heart disease requires each of us to take responsibility for our health and that of our children—including exercising regularly, maintaining a healthy diet, avoiding tobacco, and raising our children to spend more time playing outside. Because obesity is a leading risk factor for heart disease, good nutrition and physical activity are crucial for all our families.

This month, we honor the health-care professionals, researchers, and heart health ambassadors who save lives and spare suffering. Every day, these dedicated individuals put themselves on the front lines of our fight against heart disease. To better equip them, my Administration is investing in cutting-edge research, such as a large DNA sequencing study funded by the National Institutes of Health which could unlock earlier treatment options for high-risk individuals.

The National Heart, Lung, and Blood Institute is sponsoring *The Heart Truth* campaign, which reminds women of their risk for heart disease and empowers them to reduce it. On Friday, February 5, Michelle and I encourage all Americans to recognize the campaign's National Wear Red Day by wearing red or the campaign's Red Dress Pin to support women's heart disease awareness and remind all women about their risk for heart disease.

In acknowledgement of the importance of the ongoing fight against cardiovascular disease, the Congress, by Joint Resolution approved December 30, 1963, as amended (77 Stat. 843; 36 U.S.C. 101), has requested that the President issue an annual proclamation designating February as "American Heart Month."

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim February 2010 as American Heart Month, and I invite all Americans to participate in National Wear Red Day on February 5, 2010. I also invite the Governors of the States, the Commonwealth of Puerto Rico, officials of other areas subject to the jurisdiction of the United States, and the American people to join me in recognizing and reaffirming our commitment to fighting cardiovascular disease.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of February, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

Proclamation 8478 of February 24, 2010

American Red Cross Month, 2010

*By the President of the United States of America
A Proclamation*

From rebuilding former adversaries after World War II, to combating HIV/AIDS in Africa, to saving lives after the tragic earthquake in Haiti, the American people have an unmatched tradition of responding to challenges at home and abroad with compassion and generosity. This tradition reflects our Nation's noblest ideals and has led people around the world to see the United States as a beacon of hope. During American Red Cross Month, we