

thorized and requested the President to issue a proclamation in observance of this event.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim April 1988 as Actors' Fund of America Appreciation Month. I call upon all Americans to observe this month with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of March, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and twelfth.

RONALD REAGAN

**Proclamation 5785 of March 30, 1988**

### **National Know Your Cholesterol Month, 1988**

*By the President of the United States of America*

*A Proclamation*

Coronary heart disease is the leading cause of death in the United States—each year responsible for more than 1.5 million heart attacks, 500,000 of them immediately fatal. High blood cholesterol is one of the three controllable risk factors for coronary heart disease, along with high blood pressure and cigarette smoking.

More than a quarter of adult Americans have blood cholesterol levels that put them at a significantly increased risk of coronary heart disease. Most Americans are aware of their blood pressure levels, but less than half have had their cholesterol checked and less than 10 percent know their blood cholesterol level. Extensive studies have shown that elevated levels of blood cholesterol lead to early development of hardening of the arteries and coronary heart disease, and that the higher the cholesterol, the higher the risk. Now there is firm evidence that lowering high blood cholesterol reduces that risk.

The National Cholesterol Education Program, a joint program by the Federal government, medical groups, voluntary health organizations, industry, and State and local health agencies, has undertaken a campaign to educate professional, patient, and public audiences about the importance of lowering a high blood cholesterol level. The program urges all Americans to learn about the relationship among blood cholesterol, diet, and heart disease; to have their cholesterol level checked; and to know what their number means. The program's long-term goal is to reduce the death and disability from coronary heart disease that is attributable to elevated levels of blood cholesterol.

Each American should know his or her cholesterol level and should take measures to reduce too-high levels. The test is simple and quick; a sample of blood is obtained and the total blood cholesterol level is measured. A high level can be reduced, with diet as the primary approach and drug therapy if needed.

To make all Americans aware of the importance of monitoring their cholesterol, the Congress, by Senate Joint Resolution 244, has designat-

ed April 1988 as "National Know Your Cholesterol Month" and has authorized and requested the President to issue a proclamation in observance of this occasion.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim the month of April 1988 as National Know Your Cholesterol Month. I invite the American people to join with me in reaffirming our commitment to the resolution of the problem of high blood cholesterol.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of March, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and twelfth.

RONALD REAGAN

**Proclamation 5786 of March 30, 1988**

**Run to Daylight Day, 1988**

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

Each year, up to 1.8 million Americans, most of them under age 30, suffer head injuries; and more than 50,000 survivors of such injuries will experience long-term physical and mental difficulties and often need extended care and rehabilitation in returning to productive lives. Advances in medical treatment now save the lives of many people with severe head injuries; improvements in long-term rehabilitation need to continue.

Run to Daylight, a nonprofit organization concerned with improving rehabilitation for survivors of head injuries, is sponsoring a 3,600-mile run across the United States this year—the "Run to Daylight." This event will begin in San Francisco on April 1 and end in Boston on June 30.

The "Run to Daylight" will remind Americans about the rehabilitation needs of survivors of head injuries and will help the National Head Injury Foundation, which is dedicated to improving life for survivors of head injuries and their families and to developing and supporting programs to prevent such injuries.

The Congress, by Public Law 100-268, has designated April 1, 1988, as "Run to Daylight Day" and has authorized and requested the President to issue a proclamation in observance of this occasion.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim April 1, 1988, as Run to Daylight Day. I urge the people of the United States to learn more about head injuries; to foster appropriate efforts to discover more effective ways to prevent and treat head injuries and rehabilitate head-injured persons; and to aid head injury victims and their families who suffer the severe physical, psychological, and financial burdens of such injuries.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of March, in the year of our Lord nineteen hundred and eighty-