

task of perfecting our Union. Their courage and dedication have carried us even closer to the promised land Dr. King envisioned, but we must recognize their achievements as milestones on the long path to true equal opportunity and equal rights.

We must face the challenges of today with the same strength, persistence, and determination exhibited by Dr. King, guided by the enduring values of hope and justice embodied by other civil rights leaders. As a country, we must expand access to opportunity and end structural inequalities for all people in employment and economic mobility. It is our collective responsibility as a great Nation to ensure a strong foundation that supports economic security for all and extends the founding promise of life, liberty, and the pursuit of happiness to every American.

Dr. King devoted his life to serving others, reminding us that “human progress is neither automatic nor inevitable. Every step toward the goal of justice requires sacrifice, suffering, and struggle—the tireless exertions and passionate concern of dedicated individuals.” Commemorating Dr. King’s life is not only a tribute to his contributions to our Nation and the world, but also a reminder that every day, each of us can play a part in continuing this critical work.

For this reason, we honor Dr. King’s legacy with a national day of service. I encourage all Americans to visit www.MLKDay.gov to learn more about service opportunities across our country. By dedicating this day to service, we move our Nation closer to Dr. King’s vision of all Americans living and working together as one beloved community.

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 January 17, 2011, as the Martin Luther King, Jr., Federal Holiday. I encourage all Americans to observe this day with appropriate civic, community, and service programs in honor of Dr. King’s life and lasting legacy.

IN WITNESS WHEREOF, I have hereunto set my hand this fourteenth day of January, in the year of our Lord two thousand eleven, and of the Independence of the United States of America the two hundred and thirty-fifth.

BARACK OBAMA

Proclamation 8625 of January 31, 2011

American Heart Month, 2011

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

Heart disease is a staggering health problem and a leading cause of death for American women and men. Thankfully, there are steps each of us can take to prevent this chronic disease. In a time when one in three adults in the United States is living with some form of cardiovascular disease, American Heart Month provides an important reminder that it is never too early to take action to improve our heart health.

All Americans should be aware of risk factors that can lead to heart disease, including: high blood pressure, high cholesterol, diabetes, obesity, physical inactivity, tobacco use, and family history. Practicing everyday habits such as eating a balanced diet, maintaining a healthy weight, limiting sodium consumption, exercising regularly, avoiding tobacco, and moderating alcohol intake can reduce these risks. Each of us can be proactive about our well being, and my Administration is committed to helping Americans protect themselves from chronic conditions like heart disease. Under the Affordable Care Act, all new individual and group health plans must now provide recommended preventive care and services without a copayment, coinsurance, or deductible. These potentially life-saving screenings include blood pressure, diabetes, cholesterol, and body mass index tests, as well as counseling on quitting smoking, losing weight, and eating well. To learn more about the risk factors and prevention of heart disease, I encourage all Americans to visit: www.CDC.gov/HeartDisease.

To save lives in the fight against cardiovascular disease, my Administration is investing in world-class research to prevent and treat this and other chronic diseases. We are also continuing to raise awareness of heart disease and its risk factors among Americans of all ages. First Lady Michelle Obama's *Let's Move!* initiative is safeguarding healthier hearts for the next generation by addressing the factors that contribute to childhood obesity and its serious health consequences. The National Heart, Lung, and Blood Institute's *The Heart Truth* campaign sends women of all ages an urgent message about their risk of heart disease. In support of women's heart health, I encourage all Americans to wear red or the campaign's Red Dress Pin on National Wear Red Day on Friday, February 4 in honor of the movement to increase awareness of women's heart disease. Learn more by visiting: www.HeartTruth.gov.

During American Heart Month, we honor the health professionals, researchers, and heart health ambassadors whose dedication enables countless Americans to live full and active lives. This month, let us rededicate ourselves to reducing the burden of heart disease by raising awareness, taking steps to improve our own heart health, and encouraging our colleagues, friends, and family to do the same.

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 2011 as American Heart Month, and I invite all Americans to participate in National Wear Red Day on February 4, 2011. 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 thirty-first day of January, in the year of our Lord two thousand eleven, and of

the Independence of the United States of America the two hundred and thirty-fifth.

BARACK OBAMA

Proclamation 8626 of January 31, 2011

**National Teen Dating Violence Awareness and
Prevention Month, 2011**

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

National Teen Dating Violence Awareness and Prevention Month reflects our Nation's growing understanding that violence within relationships often begins during adolescence. Each year, about one in four teens report being the victim of verbal, physical, emotional, or sexual violence. Abusive relationships can impact adolescent development, and teens who experience dating violence may suffer long-term negative behavioral and health consequences. Adolescents in controlling or violent relationships may carry these dangerous and unhealthy patterns into future relationships. The time to break the cycle of teen dating violence is now, before another generation falls victim to this tragedy.

Though many communities face the problem of teen dating violence, young people can be afraid to discuss it, or they may not recognize the severity of physical, emotional, or sexual abuse. Parents and other adults can also be uncomfortable acknowledging that young people experience abuse, or may be unaware of its occurrence. To help stop abuse before it starts, mentors and leaders must stress the importance of mutual respect and challenge representations in popular culture that can lead young people to accept unhealthy behavior in their relationships.

Our efforts to take on teen dating violence must address the social realities of adolescent life today. Technology such as cell phones, email, and social networking websites play a major role in many teenagers' lives, but these tools are sometimes tragically used for control, stalking, and victimization. Emotional abuse using digital technology, including frequent text messages, threatening emails, and the circulation of embarrassing messages or photographs without consent, can be devastating to young teens. I encourage concerned teens, parents, and loved ones to contact the National Teen Dating Abuse Helpline at 1-866-331-9474 or visit www.LovelsRespect.org to receive immediate and confidential advice and referrals.

My Administration is committed to engaging a broad spectrum of community partners to curb and prevent teen dating violence. The Department of Justice's Office on Violence Against Women supports collaborative efforts to enhance teens' understanding of healthy relationships, help them identify signs of abuse, and assist them in locating services. Resources are available at: www.OVW.USDOJ.gov/teen—dating—violence.htm. The Centers for Disease Control and Prevention also provide tools to help prevent dating violence among teens. More information is available at: www.CDC.gov/ChooseRespect.