

IN WITNESS WHEREOF, I have hereunto set my hand this eighteenth day of January, in the year of our Lord two thousand nineteen, and of the Independence of the United States of America the two hundred and forty-third.

DONALD J. TRUMP

**Proclamation 9839 of January 18, 2019**

**Martin Luther King, Jr., Federal Holiday, 2019**

*By the President of the United States of America*

*A Proclamation*

One hundred years after President Abraham Lincoln issued the Emancipation Proclamation, the great Reverend Dr. Martin Luther King, Jr., took to the steps of the Lincoln Memorial and shared his vision of an America lifted from the “quicksands of racial injustice to the solid rock of brotherhood.” His extraordinary message that momentous day in August of 1963 stirred to action Americans of every race and creed, and it continues to reverberate in the hearts and minds of patriotic citizens across our great land. Today, as we pause to mark the life and legacy of Dr. Martin Luther King, Jr., we recommit ourselves to the advancement of equality and justice for all Americans, and to the full realization of his worthy dream.

In the United States of America, every citizen should have the opportunity to build a better and brighter future, and, as President, I am committed to expanding opportunity for all Americans. We have added more than 5 million new jobs to the economy over the past 2 years and unemployment rates for African Americans, Hispanic Americans, Asian Americans, and Americans without a high school degree have reached record lows.

Importantly, we have also worked tirelessly to reform our Nation’s criminal justice system, so that those who have been incarcerated and paid their debt to society are given a second chance at life. Last year, I was proud to sign into law the First Step Act, which will prepare inmates to successfully rejoin society and effect commonsense reforms to make our justice system fairer for all Americans. Through recidivism reduction programs that provide vocational training, education, and mental healthcare, non-violent offenders can have a chance at redemption and an opportunity to fulfill a better destiny.

We have also made great strides as a Nation, but we acknowledge that more work must be done for, in the words of Dr. King, “justice to roll down like waters and righteousness like a mighty stream.” United as one American family, we will not rest—and we will never be satisfied—until the promise of this great Nation is accessible to each American in each new generation. More than half a century after Dr. King’s March on Washington for Jobs and Freedom, our Nation is mindful of its past, and we look forward to the future with unwavering optimism, inspired by the legacy of Dr. King and informed by his wisdom and vision. May the memory of Dr. Martin Luther King, Jr., and the efforts we have made to fully effectuate his dream, remind us that faith and love unite us together as one great American family.

NOW, THEREFORE, I, DONALD J. TRUMP, 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 21, 2019, as the Martin Luther King, Jr., Federal Holiday. On this day, I encourage all Americans to recommit themselves to Dr. King's dream by engaging in acts of service to others, to their community, and to our Nation.

IN WITNESS WHEREOF, I have hereunto set my hand this eighteenth day of January, in the year of our Lord two thousand nineteen, and of the Independence of the United States of America the two hundred and forty-third.

DONALD J. TRUMP

**Proclamation 9840 of January 31, 2019**

**American Heart Month, 2019**

*By the President of the United States of America*

*A Proclamation*

Heart disease is America's most prolific killer, responsible for one in four deaths in the United States each year. American Heart Month is an opportunity to remember the loved ones lost to this deadly disease, raise awareness of the warning signs and symptoms of heart disease and heart attacks, and commit to a lifestyle that improves overall heart health.

Although heart disease has persisted as the leading cause of death among Americans for nearly a century, we are steadily eroding its grip on our health. Heart disease claims a smaller and smaller percentage of our loved ones than it did at its height in the 1960s. Through technological advancements and decades of scientific research, we have learned a tremendous amount about the causes of heart disease. We now know that smoking, high blood pressure, high cholesterol, lack of physical activity, obesity, diabetes, and prediabetes are some of the leading factors that can contribute to our risk for heart disease. Most importantly, we have learned that it is never too late or too early to improve your heart health. Small changes—undertaken at any time—such as committing to a healthy diet and regular exercise can make a big difference.

Last November, the Department of Health and Human Services released the second edition of “Physical Activity Guidelines for Americans,” which outlines the importance of physical exercise and provides information on how adults and children can live more active lives and improve their cardiovascular health. Nearly 80 percent of adult Americans, however, fail to meet the key guidelines for both aerobic and muscle strengthening activity. The guidelines recommend that adults get at least two and a half hours per week of moderate aerobic physical activity and muscle-strengthening activities over two or more days each week. Children ages 6 through 17 should get 60 minutes or more of moderate to vigorous physical activity each day. As the risk for heart disease increases with age, it is vital to deter this deadly disease by taking steps to stay physically active throughout life, maintain a