

House Resolution 1286

By: Representatives Kaiser of the 59th, Carter of the 92nd, Buckner of the 137th, Smith of the 70th, Beskin of the 54th, and others

A RESOLUTION

- 1 Recognizing February 4, 2016, as Wear Red Day; and for other purposes.
- 2 WHEREAS, heart disease and stroke kill one in three women and one woman every 80
3 seconds in the United States, yet 80 percent of cardiac illnesses may be prevented; and
- 4 WHEREAS, an estimated 44 million women in the United States are affected by
5 cardiovascular diseases; and
- 6 WHEREAS, 90 percent of women have one or more risk factors for developing heart disease,
7 yet only one in five American women believes that heart disease is her greatest health threat;
8 and
- 9 WHEREAS, women comprise only 24 percent of participants in all heart-related studies; and
- 10 WHEREAS, women are less likely to call 911 for themselves when experiencing symptoms
11 of a heart attack than they are if someone else were having a heart attack; and
- 12 WHEREAS, only 36 percent of African American women and 34 percent of Hispanic
13 women know that heart disease is their greatest health risk compared to 65 percent of
14 Caucasian women; and
- 15 WHEREAS, women involved with the American Heart Association's Go Red for Women
16 movement live healthier lives, and nearly 90 percent have made at least one healthy behavior
17 change; and
- 18 WHEREAS, Go Red for Women encourages women to take control of their health and
19 schedule a Well-Woman visit to learn about health status and risk for diseases; and

20 WHEREAS, Go Red for Women is asking all Americans to Go Red by wearing red and
21 speaking red.

22 Get Your Numbers: Ask your doctor to check your blood pressure, cholesterol, and
23 glucose.

24 Own Your Lifestyle: Stop smoking, lose weight, be physically active, and eat healthy.

25 Raise Your Voice: Advocate for more women-related research and education.

26 Educate Your Family: Make healthy food choices for you and your family. Teach your kids
27 the importance of staying active.

28 Donate: Show your support with a donation of time or money.

29 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that
30 the members of this body recognize February 4, 2016, as Wear Red Day.

31 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized
32 and directed to make appropriate copies of this resolution available for distribution to the
33 public and the press.