

1 A MEMORIAL

2 DECLARING FEBRUARY 2, 2016 AS "WEAR RED DAY" IN THE HOUSE OF  
3 REPRESENTATIVES AND URGING ALL CITIZENS TO SHOW THEIR SUPPORT  
4 FOR WOMEN AND THE FIGHT AGAINST HEART DISEASE BY WEARING THE  
5 COLOR RED.

6  
7 WHEREAS, according to American heart association  
8 statistics, heart disease is the number-one killer of women,  
9 even though eighty percent of cardiac events can be  
10 prevented; and

11 WHEREAS, cardiovascular diseases cause one in three  
12 women's deaths each year, killing approximately one woman  
13 every eighty seconds; and

14 WHEREAS, an estimated forty-four million women in the  
15 United States are affected by cardiovascular diseases; and

16 WHEREAS, ninety percent of women have one or more risk  
17 factors for developing heart disease, yet only one in five  
18 American women believes that heart disease is her greatest  
19 health threat; and

20 WHEREAS, since 1984, more women than men have died each  
21 year from heart disease; and

22 WHEREAS, women comprise only twenty-four percent of  
23 participants in all heart-related studies; and

24 WHEREAS, women are less likely to call 911 for  
25 themselves when experiencing symptoms of a heart attack than

1 they are if someone else is experiencing symptoms of a heart  
2 attack; and

3 WHEREAS, only thirty-six percent of African American  
4 women and thirty-four percent of Hispanic women know that  
5 heart disease is their greatest health risk, compared with  
6 sixty-five percent of Caucasian women; and

7 WHEREAS, women involved with the American heart  
8 association's go red for women movement live healthier lives,  
9 and nearly ninety percent have made at least one healthy  
10 behavior change; and

11 WHEREAS, go red for women encourages women to take  
12 charge of their health and schedule a well-woman visit to  
13 learn about their health status and risk for diseases; and

14 WHEREAS, go red for women is asking all Americans to go  
15 red by wearing red and speaking red; and

16 WHEREAS, women are encouraged to:

17 A. get their numbers: ask for blood pressure,  
18 cholesterol and glucose to be checked;

19 B. own their lifestyle: stop smoking, lose  
20 weight, be physically active and eat healthy;

21 C. raise their voice: advocate for more women-  
22 related research and education;

23 D. educate family members: make healthy food  
24 choices and teach kids about the importance of staying  
25 active; and

1           E. donate: show support with a donation of time  
2 and money;

3           NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF  
4 REPRESENTATIVES OF THE STATE OF NEW MEXICO that February 2,  
5 2016 be declared "Wear Red Day" in the house of  
6 representatives; and

7           BE IT FURTHER RESOLVED that all New Mexicans be urged to  
8 show their support for women and the fight against heart  
9 disease by commemorating this day by wearing the color red;  
10 and

11           BE IT FURTHER RESOLVED that a copy of this memorial be  
12 transmitted to the secretary of health.