

A MEMORIAL

PROCLAIMING FRIDAY, MARCH 6, 2015 "WELL WOMAN DAY" IN THE NEW MEXICO HOUSE OF REPRESENTATIVES; RECOGNIZING THE IMPACT OF HEALTHY WOMEN ON THE FAMILIES, COMMUNITIES AND ECONOMY OF NEW MEXICO AND THE WORK OF THE WELL WOMAN PROJECT AND WELL WOMAN RADIO IN ADDRESSING WOMEN'S HEALTH AND WELLNESS.

WHEREAS, when women are healthy, successful and thriving, their families, the community and the economy prosper; and

WHEREAS, there are biological and social differences between women and men that have a different impact on their respective health and well-being; and

WHEREAS, men and women report different reactions to stress, both physically and mentally, and they attempt to manage stress in very different ways; and

WHEREAS, most women are juggling many responsibilities at work, at home and in the community; and

WHEREAS, wellness is a balance between mind, body and spirit; and

WHEREAS, women's health and wellness includes not only physical health, but mental health, financial security and success, emotional and spiritual health, having healthy relationships and thriving as members of their communities; and

WHEREAS, women comprise half of the work force, and families depend on women's income more than ever before; and

WHEREAS, in forty percent of households with children under the age of eighteen, women hold the primary or sole breadwinning roles; and

WHEREAS, more than sixty percent of families with women in a breadwinning role are headed by single mothers, a subgroup that is often more likely to be poor; and

WHEREAS, research from entities such as the Pew research center have found that more and more women are taking on an increasing number of roles and responsibilities without any additional resources; and

WHEREAS, the *Journal of Health Care for the Poor and Underserved* reports that women in the United States make approximately eighty percent of the health care decisions for their families; and

WHEREAS, research by the American psychological association suggests that while women are more likely to report physical symptoms associated with stress, they are connecting with others in their lives, and at times, these connections are important to their stress management strategies; and

WHEREAS, the well woman project was founded by Giovanna Rossi in 2013 to support women to achieve their highest level of health and well-being; and

WHEREAS, well woman radio has been produced since 2012 by Giovanna Rossi and Cristina Parry and airs monthly on topics that are important to women and to the men who love them; and

WHEREAS, the goal of the well woman project and well woman radio is to motivate, inspire and support each woman to:

- A. achieve her personal and professional goals;
- B. have supportive relationships and love in her life;
- C. decide whether, when and how to have a family;
- D. manage her economic life to reduce stress and increase security;
- E. have good health and energy to get things done daily; and
- F. like where she lives, feel safe and have pride in her community;

NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE STATE OF NEW MEXICO that Friday, March 6, 2015, be proclaimed "Well Woman Day" in the New Mexico house of representatives; and

BE IT FURTHER RESOLVED that the impact of healthy women on the families, communities and economy of New Mexico be recognized; and

BE IT FURTHER RESOLVED that the work of the well woman project and well woman radio be recognized for its role in

addressing and educating the public on matters related to
women's health and wellness in New Mexico; and

BE IT FURTHER RESOLVED that copies of this memorial be
transmitted to Giovanna Rossi and Cristina Parry.