

1 A MEMORIAL

2 DECLARING FEBRUARY 3, 2015 AS "WEAR RED DAY" IN THE SENATE
3 AND URGING ALL CITIZENS TO SHOW THEIR SUPPORT BY WEARING THE
4 COLOR RED.

5
6 WHEREAS, according to American heart association
7 statistics, heart disease is the number-one killer of women,
8 even though eighty percent of cardiac events can be
9 prevented; and

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

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

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

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

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

23 WHEREAS, women are less likely to call 911 for
24 themselves when experiencing symptoms of a heart attack than
25 they are if someone else is experiencing symptoms of a heart

1 attack; and

2 WHEREAS, about five and eight-tenths percent of all
3 Caucasian women, seven and six-tenths percent of African
4 American women and five and six-tenths of Hispanic women
5 have coronary heart disease; and

6 WHEREAS, almost two-thirds of women who die suddenly of
7 coronary heart disease have no previous symptoms; and

8 WHEREAS, the American heart association, through the
9 Go Red for Women movement, encourages women to take the
10 following steps to reduce the incidence of
11 heart-disease-related deaths:

12 A. obtaining their blood pressure and
13 cholesterol information from their physicians;

14 B. making choices to stop smoking, lose weight,
15 exercise regularly and eat healthy foods;

16 C. advocating for more education related to
17 heart disease in women;

18 D. educating family members about healthy food
19 choices and the importance of staying active; and

20 E. communicating with other women about the
21 dangers of heart disease; and

22 WHEREAS, with increased awareness and communication
23 about heart disease, and greater empowerment of women to
24 reduce their risk for cardiovascular disease, thousands of
25 lives can be saved each year;

