

HOUSE MEMORIAL 35

**52ND LEGISLATURE - STATE OF NEW MEXICO - FIRST SESSION, 2015**

INTRODUCED BY

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A MEMORIAL

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

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

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

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

WHEREAS, ninety percent of women have one or more risk factors for developing heart disease, yet only one in five

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1 American women believes that heart disease is her greatest  
2 health threat; and

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

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

7 WHEREAS, women are less likely to call 911 for themselves  
8 when experiencing symptoms of a heart attack than they are if  
9 someone else is experiencing symptoms of a heart attack; and

10 WHEREAS, about five and eight-tenths percent of all  
11 Caucasian women, seven and six-tenths percent of African  
12 American women and five and six-tenths of Hispanic women have  
13 coronary heart disease; and

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

16 WHEREAS, the American heart association, through the Go  
17 Red for Women movement, encourages women to take the following  
18 steps to reduce the incidence of heart-disease-related deaths:

19 A. obtaining their blood pressure and cholesterol  
20 information from their physicians;

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

23 C. advocating for more education related to heart  
24 disease in women;

25 D. educating family members about healthy food

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1 choices and the importance of staying active; and

2 E. communicating with other women about the dangers  
3 of heart disease; and

4 WHEREAS, with increased awareness and communication about  
5 heart disease, and greater empowerment of women to reduce their  
6 risk for cardiovascular disease, thousands of lives can be  
7 saved each year;

8 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF  
9 REPRESENTATIVES OF THE STATE OF NEW MEXICO that February 3,  
10 2015 be declared "Wear Red Day" in the house of  
11 representatives; and

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

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

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