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HOUSE MEMORIAL 121

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

INTRODUCED BY

Georgene Louis

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

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1 work, at home and in the community; and

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

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

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

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

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

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

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

24 WHEREAS, research by the American psychological
25 association suggests that while women are more likely to report

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1 physical symptoms associated with stress, they are connecting
2 with others in their lives, and at times, these connections are
3 important to their stress management strategies; and

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

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

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

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

22 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF
23 REPRESENTATIVES OF THE STATE OF NEW MEXICO that Friday, March
24 6, 2015, be proclaimed "Well Woman Day" in the New Mexico house
25 of representatives; and

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

4 BE IT FURTHER RESOLVED that the work of the well woman
5 project and well woman radio be recognized for its role in
6 addressing and educating the public on matters related to
7 women's health and wellness in New Mexico; and

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