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HOUSE MEMORIAL 12

52ND LEGISLATURE - STATE OF NEW MEXICO - SECOND SESSION, 2016

INTRODUCED BY

Nora Espinoza

A MEMORIAL

DECLARING FEBRUARY 2, 2016 AS "WEAR RED DAY" IN THE HOUSE OF REPRESENTATIVES AND URGING ALL CITIZENS TO SHOW THEIR SUPPORT FOR WOMEN AND THE FIGHT AGAINST HEART DISEASE 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 eighty seconds; 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

1 factors for developing heart disease, yet only one in five
2 American women believes that heart disease is her greatest
3 health threat; and

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

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

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

11 WHEREAS, only thirty-six percent of African American women
12 and thirty-four percent of Hispanic women know that heart
13 disease is their greatest health risk, compared with sixty-five
14 percent of Caucasian women; and

15 WHEREAS, women involved with the American heart
16 association's go red for women movement live healthier lives,
17 and nearly ninety percent have made at least one healthy
18 behavior change; and

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

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

24 WHEREAS, women are encouraged to:

25 A. get their numbers: ask for blood pressure,

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1 cholesterol and glucose to be checked;

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

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

6 D. educate family members: make healthy food
7 choices and teach kids about the importance of staying active;
8 and

9 E. donate: show support with a donation of time
10 and money;

11 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF
12 REPRESENTATIVES OF THE STATE OF NEW MEXICO that February 2,
13 2016 be declared "Wear Red Day" in the house of
14 representatives; and

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

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

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