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HOUSE MEMORIAL 14

**53RD LEGISLATURE - STATE OF NEW MEXICO - FIRST SESSION, 2017**

INTRODUCED BY

Elizabeth "Liz" Thomson

A MEMORIAL

DECLARING JANUARY 31, 2017 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

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1 factors for developing heart disease or stroke; and

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

5 WHEREAS, only thirty-six percent of African American women  
6 and thirty-four percent of Hispanic women know that heart  
7 disease is their greatest health risk, compared with sixty-five  
8 percent of Caucasian women; and

9 WHEREAS, the American heart association's go red for women  
10 movement motivates women to learn their family histories and to  
11 meet with a health care provider to determine their risk for  
12 cardiovascular diseases and stroke; and

13 WHEREAS, women involved with the American heart  
14 association's go red for women movement live healthier lives;  
15 and

16 WHEREAS, go red for women encourages women to take control  
17 of their heart health by knowing and managing these five  
18 numbers: total cholesterol, high-density lipoprotein (hdl)  
19 good cholesterol, blood pressure, blood sugar and body mass  
20 index;

21 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF  
22 REPRESENTATIVES OF THE STATE OF NEW MEXICO that January 31,  
23 2017 be declared "Wear Red Day" in the house of  
24 representatives; and

25 BE IT FURTHER RESOLVED that all New Mexicans be urged to

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1 show their support for women and the fight against heart  
2 disease by commemorating this day by wearing the color red; and

3 BE IT FURTHER RESOLVED that by increasing awareness,  
4 speaking about heart disease and empowering women to reduce  
5 their risk for cardiovascular diseases, thousands of lives can  
6 be saved each year; and

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

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