

1 A MEMORIAL

2 PROCLAIMING TUESDAY, JANUARY 30, 2018, AS "WEAR RED DAY" IN
3 THE HOUSE OF REPRESENTATIVES IN RECOGNITION OF THE IMPORTANCE
4 OF THE ONGOING FIGHT AGAINST HEART DISEASE AND STROKE.

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6 WHEREAS, according to the United States centers for
7 disease control and prevention, cardiovascular disease is the
8 number-one killer of women in the United States; and

9 WHEREAS, cardiovascular disease kills one woman almost
10 every eighty seconds in the United States; and

11 WHEREAS, about eighty percent of cardiovascular disease
12 may be prevented; and

13 WHEREAS, some risk factors, such as blood pressure,
14 smoking, cholesterol and lack of regular physical activity,
15 can be controlled; and

16 WHEREAS, the American heart association's go red for
17 women movement motivates women to learn their family
18 histories and to meet with health care providers to determine
19 their risks for cardiovascular diseases and stroke; and

20 WHEREAS, go red for women encourages women to take
21 control of their heart health by knowing the following five
22 measurements that can be life-changing:

23 A. total cholesterol;

24 B. high-density lipoprotein, known as HDL, or
25 "good cholesterol";

- 1 C. blood pressure;
- 2 D. blood sugar; and
- 3 E. body mass index or "BMI";

4 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF
5 REPRESENTATIVES OF THE STATE OF NEW MEXICO that, in
6 recognition of the importance of the ongoing fight against
7 heart disease and stroke, Tuesday, January 30, 2018, be
8 proclaimed "Wear Red Day" in the house of representatives; and

9 BE IT FURTHER RESOLVED that all New Mexico residents be
10 requested to show their support for women and the fight
11 against heart disease by commemorating this day with wearing
12 the color red; and

13 BE IT FURTHER RESOLVED that it be recognized that by
14 increasing awareness, speaking out about heart disease and
15 empowering women to reduce their risks for cardiovascular
16 disease, thousands of lives can be saved each year.

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