

## **SR-140, As Adopted by Senate, February 4, 2016**

Senators Schuitmaker, O'Brien, Emmons and Warren offered the following resolution:

### **Senate Resolution No. 140.**

A resolution proclaiming February 2016 as American Heart Month and February 5, 2016, as Wear Red Day.

Whereas, Heart disease and stroke kill 1 in 3 women in the U.S., yet 80 percent of cardiac events may be prevented; and

Whereas, Cardiovascular diseases and stroke kill one woman every 80 seconds in the U.S.; and

Whereas, An estimated 44 million women in the U.S. are affected by cardiovascular diseases; and

Whereas, 90 percent of women have one or more risk factors for developing heart disease, yet only 1 in 5 American women believe that heart disease is her greatest health threat; and

Whereas, Women comprise only 24 percent of participants in all heart-related studies; and

Whereas, Women are less likely to call 911 for themselves when experiencing symptoms of a heart attack than they are if someone else were having a heart attack; and

Whereas, Only 36 percent of African-American women and 34 percent of Hispanic women know that heart disease is their greatest health risk, compared with 65 percent of Caucasian women; and

Whereas, Women involved with the American Heart Association's Go Red For Women<sup>®</sup> movement live healthier lives. Nearly 90 percent have made at least one healthy behavior change; and

Whereas, Go Red For Women encourages women to take charge of their health and schedule a well-woman visit to learn about their health status and risk for diseases; and

Whereas, Go Red For Women is asking all Americans to Go Red by wearing red and speaking red.

- *Get Your Numbers:* Ask your doctor to check your blood pressure, cholesterol, and glucose.
- *Own Your Lifestyle:* Stop smoking, lose weight, be physically active, and eat healthy.
- *Raise Your Voice:* Advocate for more women-related research and education.

- *Educate Your Family:* Make healthy food choices for you and your family. Teach your kids the importance of staying active.
- *Don't Be Silent:* Tell every woman you know that heart disease is their No. 1 killer.

; now, therefore, be it

Resolved by the Senate, That we hereby proclaim February 2016 as American Heart Month and February 5, 2016, as Wear Red Day in the state of Michigan; and be it further

Resolved, That we urge all citizens to show their support for women and the fight against heart disease by commemorating this day by wearing the color red. By increasing awareness, speaking up about heart disease, and empowering women to reduce their risk for cardiovascular disease, we can save thousands of lives each year.