

Rep. Hughes offered the following resolution:

House Resolution No. 215.

A resolution to declare February 2016 as Heart Month and February 5, 2016, as Go Red for Women Day in the state of Michigan.

Whereas, Heart disease is the number one killer of women, yet 80 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 minute; and

Whereas, An estimated 44 million women in the United States are affected by cardiovascular diseases; and

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

Whereas, Since 1984, more women than men have died from heart disease; 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, Women comprise only 24 percent of participants in all heart-related studies; and

Whereas, Only 43 percent of African American women and 44 percent of Hispanic women know that heart disease is their greatest health risk, compared with 60 percent of Caucasian women; and

Whereas, Women involved in the American Heart Association's Go Red For Women movement live healthier lives. Nearly 90 percent have made at least one healthy behavioral change; 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 and cholesterol.

Own your Lifestyle: Stop smoking, lose weight, exercise, 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 Number 1 killer.

Raise your voice at GoRedForWomen.Org; now, therefore, be it

Resolved, by the House of Representatives, That the members of this legislative body declare February 2016 as Heart Month and February 5, 2016, as Go Red for Women 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 the wearing of 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.