

## SENATE RESOLUTION NO.10

Senators Johnson, Horn, Lucido, MacGregor, VanderWall and Nesbitt offered the following resolution:

1 A resolution recognizing February 2019 as American Heart Month  
2 and February 1, 2019, as "Go Red for Women Day."

3 Whereas, Cardiovascular diseases are the number one killer of  
4 women in the U.S.; and

5 Whereas, About 80 percent of cardiovascular diseases may be  
6 prevented; and

7 Whereas, Some risk factors such as blood pressure, smoking,  
8 cholesterol, and lack of regular physical activity can be  
9 controlled; and

10 Whereas, The American Heart Association's Go Red for Women®  
11 movement motivates women to learn about their family history and to

1 meet with a healthcare provider to determine their risk for  
2 cardiovascular diseases and stroke; and

3       Whereas, "Go Red for Women" encourages women to take control  
4 of their heart health by knowing five numbers that can be life  
5 changing: 1. Total Cholesterol; 2. HDL (good) Cholesterol; 3. Blood  
6 Pressure; 4. Blood Sugar; 5. Body Mass Index (BMI); and

7       Whereas, The American Heart Association is celebrating  
8 February 2019 as American Heart Month and promoting education and  
9 awareness by encouraging citizens to learn the warning signs of a  
10 heart attack and stroke; now, therefore, be it

11       Resolved by the Senate, That we recognize February 2019 as  
12 American Heart Month and February 1, 2019, as "Go Red for Women  
13 Day"; and be it further

14       Resolved, That we also recognize the importance of the ongoing  
15 fight against heart disease and stroke and we urge all citizens to  
16 show their support for women and the fight against heart disease by  
17 commemorating this day by wearing the color red; and be it further

18       Resolved, That by increasing awareness, speaking out about  
19 heart disease, and empowering women to reduce their risk for  
20 cardiovascular disease and stroke, we can save thousands of lives  
21 each year.