

**SUBSTITUTE FOR
HOUSE RESOLUTION NO. 231**

1 A resolution to declare February 19, 2020, as Go Red for Women
2 Day in the state of Michigan.

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 preventable; 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
12 meet with a healthcare provider to determine their risk for



1 cardiovascular diseases and stroke; and

2 Whereas, Go Red for Women encourages women to take control of
3 their heart health by knowing five numbers that can be life
4 changing: total cholesterol, HDL (good) cholesterol, blood
5 pressure, blood sugar, and body mass index (BMI); and

6 Whereas, The American Heart Association is celebrating
7 February 2020 as American Heart Month and promoting education and
8 awareness by encouraging citizens to learn the warning signs of a
9 heart attack and stroke; now, therefore, be it

10 Resolved by the House of Representatives, That the members of
11 this legislative body declare February 19, 2020, as Go Red for
12 Women Day in the state of Michigan; and be it further

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

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