

SENATE RESOLUTION NO.100

Senator Santana, Brinks, Chang, Geiss and Polehanki offered the following resolution:

1 A resolution to recognize February 2020 as American Heart
2 Month and February 19, 2020, as "Go Red for Women Day".

3 Whereas, Cardiovascular diseases are the number one killer of
4 women in the United States; 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

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 understanding five life-changing numbers:

- 5 • 1. Total Cholesterol;
- 6 • 2. HDL (good) Cholesterol;
- 7 • 3. Blood Pressure;
- 8 • 4. Blood Sugar;
- 9 • 5. Body Mass Index (BMI); and

10 Whereas, The American Heart Association celebrates February
11 2020 as American Heart Month by promoting education, awareness, and
12 encouraging citizens to learn the warning signs of a heart attack
13 and stroke; now, therefore, be it

14 Resolved by the Senate, That we recognize February 2020 as
15 American Heart Month and February 19, 2020, as "Go Red for Women
16 Day"; and be it further

17 Resolved, That we also recognize the importance of the ongoing
18 fight against heart disease and stroke and urge all citizens to
19 support women and the fight against heart disease by wearing the
20 color red; and be it further

21 Resolved, That increasing awareness, speaking out about heart
22 disease, and empowering women to reduce their risk for
23 cardiovascular disease and stroke can save thousands of lives each
24 year.