

# HOUSE RESOLUTION NO.21

Reps. Calley, Farrington, Kahle, Griffin, Hornberger, Hoitenga, Crawford, Allor, Rendon, Wendzel and Alexander offered the following resolution:

1       A resolution to declare February 2019 as American Heart Month  
2 and February 1, 2019, as Go Red for Women Day in the state of  
3 Michigan.

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

6       Whereas, About 80 percent of cardiovascular diseases may be  
7 prevented. 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



1 movement motivates women to learn about their family history and to  
2 meet with a healthcare provider to determine their risk for  
3 cardiovascular diseases and stroke; and

4 Whereas, "Go Red for Women" encourages women to take control  
5 of their heart health by knowing five numbers that can be life  
6 changing:

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

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

16 Resolved by the House of Representatives, That the members of  
17 this legislative body declare February 2019 as American Heart Month  
18 and February 1, 2019, as Go Red for Women Day in the state of  
19 Michigan. We recognize the importance of the ongoing fight against  
20 heart disease and stroke and we urge all citizens to show their  
21 support for women and the fight against heart disease by  
22 commemorating this day by wearing the color red. By increasing  
23 awareness, speaking out about heart disease, and empowering women  
24 to reduce their risk for cardiovascular disease and stroke, we can  
25 save thousands of lives each year.