

# HOUSE RESOLUTION NO. 231

Rep. Griffin offered the following resolution:

1 A resolution to declare February 2020 as American Heart Month  
2 and February 19, 2020, 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 preventable; and

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

11 Whereas, The American Heart Association's Go Red for Women  
12 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 of  
4 their heart health by knowing five numbers that can be life  
5 changing: total cholesterol, HDL (good) cholesterol, blood  
6 pressure, blood sugar, and body mass index (BMI); and

7       Whereas, The American Heart Association is celebrating  
8 February 2020 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 House of Representatives, That the members of  
12 this legislative body declare February 2020 as American Heart Month  
13 and February 19, 2020, as Go Red for Women Day in the state of  
14 Michigan; and be it further

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

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