

SENATE RESOLUTION NO.100

Senator Santana 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
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
3 of their heart health by understanding five life-changing numbers:

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

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

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

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

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