

1 HJR88
2 190252-2
3 By Representative Gaston
4 RFD: Rules
5 First Read: 23-JAN-18

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8 RECOGNIZING FEBRUARY 2, 2018, AS NATIONAL WEAR RED
9 DAY.

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11 WHEREAS, cardiovascular diseases are the number one
12 killer of women in the U.S.; and

13 WHEREAS, cardiovascular disease kills one woman
14 almost every 80 seconds in the U.S.; and

15 WHEREAS, about 80 percent of cardiovascular diseases
16 may be prevented; and

17 WHEREAS, some risk factors such as blood pressure,
18 smoking, cholesterol, and lack of regular physical activity
19 can be controlled; and

20 WHEREAS, the American Heart Association's Go Red For
21 Women movement motivates women to learn their family history
22 and to meet with a healthcare provider to determine their risk
23 for cardiovascular diseases and stroke; and

24 WHEREAS, Go Red for Women encourages women to take
25 control of their heart health by knowing five numbers that can
26 be life changing such as total cholesterol, HDL (good)

1 cholesterol, blood pressure, blood sugar, and Body Mass Index
2 (BMI); now therefore,

3 BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH
4 HOUSES THEREOF CONCURRING, That in recognition of the
5 importance of the ongoing fight against heart disease and
6 stroke, we do hereby proclaim Friday, February, 2, 2018, as
7 National Wear Red Day in Alabama and urge all Alabamians to
8 show their support for women and the fight against heart
9 disease by commemorating this day by wearing the color red and
10 recognizing that by increasing awareness, speaking out about
11 heart disease, and empowering women to reduce their risk for
12 cardiovascular diseases, we can save thousands of lives each
13 year.