

**Second Regular Session
Seventieth General Assembly
STATE OF COLORADO**

INTRODUCED

LLS NO. R16-1024.01 Melanie Pawlyszyn x2802

SJR16-008

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SENATE JOINT RESOLUTION 16-008

101 **CONCERNING AWARENESS OF HEART DISEASE, AND, IN CONNECTION**
102 **THEREWITH, DECLARING FEBRUARY 19, 2016, AS "NATIONAL**
103 **WEAR RED DAY".**

1 WHEREAS, Heart disease and stroke kill one in three women in
2 the United States, yet 80 percent of cardiac events can be prevented; and

3 WHEREAS, Cardiovascular diseases and stroke kill one woman
4 approximately every 80 seconds in the United States; and

5 WHEREAS, An estimated 44 million women in the United States
6 are affected by cardiovascular diseases; and

7 WHEREAS, Ninety percent of women have one or more risk
8 factors for developing heart disease, yet only one in five American

Shading denotes HOUSE amendment. Double underlining denotes SENATE amendment.
Capital letters indicate new material to be added to existing statute.
Dashes through the words indicate deletions from existing statute.

1 women believes that heart disease is her greatest health threat; and

2 WHEREAS, In each year since 1984, more women than men have
3 died from heart disease; and

4 WHEREAS, Women comprise only 24 percent of participants in
5 all heart-related studies; and

6 WHEREAS, Women are less likely to call 911 when experiencing
7 symptoms of a heart attack than if someone else were having a heart
8 attack; and

9 WHEREAS, Only 36 percent of African American women and 34
10 percent of Hispanic women know that heart disease is their greatest health
11 risk; and

12 WHEREAS, Go Red For Women encourages women to take
13 charge of their health and schedule a well-woman visit to learn about their
14 health status and risk for diseases; now, therefore,

15 *Be It Resolved by the Senate of the Seventieth General Assembly*
16 *of the State of Colorado, the House of Representatives concurring herein:*

17 (1) That we, the General Assembly, in recognition of the
18 importance of the ongoing fight against heart disease and stroke:

19 (a) Proclaim Friday, February 19, 2016, to be "National Wear Red
20 Day";

21 (b) Urge all citizens to wear the color red to commemorate the day
22 and show their support for women and the fight against heart disease;

23 (c) Encourage all Americans to GO RED:

24 ! **Get your numbers** by asking your doctor to check your
25 blood pressure, cholesterol, and glucose;

26 ! **Own your lifestyle** by losing weight, being physically
27 active, eating healthy, and not smoking;

28 ! **Raise your voice** by advocating for more women-related
29 research and education;

30 ! **Educate your family** by making healthy food choices for
31 you and your family and teaching your kids the importance
32 of staying active; and

1 ! **Donate** your time and money to show your support; and

2 (d) Recognize that by increasing awareness, speaking up about
3 heart disease, and empowering women to reduce their risk for
4 cardiovascular disease, we can save thousands of lives each year.

5 *Be It Further Resolved,* That copies of this Joint Resolution be sent
6 to the Denver and Colorado Springs chapters of the American Heart
7 Association.