



SENATE JOINT RESOLUTION 16-008

BY SENATOR(S) Donovan and Martinez Humenik, Aguilar, Baumgardner, Carroll, Cooke, Crowder, Garcia, Grantham, Guzman, Heath, Hill, Hodge, Holbert, Jahn, Johnston, Jones, Kefalas, Kerr, Lambert, Lundberg, Marble, Merrifield, Neville T., Newell, Roberts, Scheffel, Scott, Sonnenberg, Steadman, Tate, Todd, Ulibarri, Woods, Cadman;
also REPRESENTATIVE(S) Lawrence and Primavera, Arndt, Becker J., Becker K., Brown, Buck, Buckner, Carver, Conti, Coram, Court, Danielson, DelGrosso, Dore, Duran, Esgar, Everett, Fields, Foote, Garnett, Ginal, Hamner, Humphrey, Joshi, Kagan, Klingenschmitt, Kraft-Tharp, Landgraf, Lebsock, Lee, Leonard, Lontine, Lundeen, McCann, Melton, Mitsch Bush, Moreno, Navarro, Neville P., Nordberg, Pabon, Pettersen, Priola, Rankin, Ransom, Rosenthal, Roupe, Ryden, Saine, Salazar, Sias, Singer, Thurlow, Tyler, Van Winkle, Vigil, Willett, Wilson, Windholz, Winter, Wist, Young, Hullinghorst.

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

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

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

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

WHEREAS, Ninety percent of women have one or more risk factors for developing heart disease, yet only one in five American women believes that heart disease is her greatest health threat; and

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

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

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

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

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

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

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

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

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

(c) Encourage all Americans to GO RED:

- ! **Get** your numbers by asking your doctor to check your blood pressure, cholesterol, and glucose;
- ! **Own** your lifestyle by losing weight, being physically active, eating healthy, and not smoking;
- ! **Raise** your voice by advocating for more women-related research and education;
- ! **Educate** your family by making healthy food choices for you and your family and teaching your kids the importance of staying active; and
- ! **Donate** your time and money to show your support; and

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

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

Bill L. Cadman
PRESIDENT OF
THE SENATE

Dickey Lee Hullinghorst
SPEAKER OF THE HOUSE
OF REPRESENTATIVES

Effie Ameen
SECRETARY OF
THE SENATE

Marilyn Eddins
CHIEF CLERK OF THE HOUSE
OF REPRESENTATIVES