

## House Resolution 199

By: Representatives Carter of the 92<sup>nd</sup>, Schofield of the 60<sup>th</sup>, and McLeod of the 105<sup>th</sup>

## A RESOLUTION

- 1 Recognizing February 13, 2019, as National Wear Red Day; and for other purposes.
- 2 WHEREAS, cardiovascular diseases are the number one killer of women in the United  
3 States, killing one woman almost every 80 seconds; and
- 4 WHEREAS, about 80 percent of cardiovascular diseases may be prevented because many  
5 factors which lead to it can be controlled, including blood pressure, smoking habits,  
6 cholesterol levels, and physical activity; and
- 7 WHEREAS, the American Heart Association's Go Red For Women movement motivates  
8 women to learn their family history and to meet with a health care provider to determine their  
9 risk for cardiovascular diseases and stroke; and
- 10 WHEREAS, Go Red For Women encourages women to take control of their heart health by  
11 knowing five life-changing numbers: their total cholesterol, HDL cholesterol, blood pressure,  
12 blood sugar, and body mass index; and
- 13 WHEREAS, by empowering women to become more aware of their risk for cardiovascular  
14 diseases, and in educating them on the steps necessary for prevention, thousands of lives can  
15 be saved each year.
- 16 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that  
17 the members of this body recognize February 13, 2019, as National Wear Red Day and  
18 encourage all citizens to show their support for women and the fight against heart disease by  
19 wearing the color red.
- 20 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized  
21 and directed to make appropriate copies of this resolution available for distribution to the  
22 public and the press.