

1 STATE OF OKLAHOMA

2 1st Session of the 55th Legislature (2015)

3 HOUSE  
4 RESOLUTION 1003

By: Denney

5  
6 AS INTRODUCED

7 A Resolution proclaiming Wear Red Day in Oklahoma;  
8 urging citizens to wear red to commemorate Wear Red  
9 Day; and directing distribution.

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11 WHEREAS, heart disease is the number one killer of women, yet  
12 eighty percent (80%) of cardiac events can be prevented; and

13 WHEREAS, cardiovascular diseases cause one in three women's  
14 deaths each year, killing approximately one woman every minute; and

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

17 WHEREAS, ninety percent (90%) of women have one or more risk  
18 factors for developing heart disease, yet only one in five American  
19 women believes that heart disease is her greatest health threat; and

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

22 WHEREAS, women comprise only twenty-four percent (24%) of  
23 participants in all heart-related studies; and  
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1       WHEREAS, women are less likely to call 911 for themselves when  
2 experiencing symptoms of a heart attack than they are if someone  
3 else is having a heart attack; and

4       WHEREAS, only forty-three percent (43%) of African American  
5 women and forty-four percent (44%) of Hispanic women know that heart  
6 disease is their greatest health risk, compared with sixty percent  
7 (60%) of Caucasian women; and

8       WHEREAS, women involved with the American Heart Association's Go  
9 Red for Women movement live healthier lives. Nearly ninety percent  
10 (90%) have made at least one healthy behavior change; and

11       WHEREAS, Go Red for Women is asking all Americans to Go Red by  
12 wearing red and speaking red, and:

13       1. Get your numbers: Ask your doctor to check your blood  
14 pressure and cholesterol;

15       2. Own your lifestyle: Stop smoking, lose weight, exercise and  
16 eat healthy;

17       3. Raise your voice: Advocate for more women-related research  
18 and education;

19       4. Educate your family: Make healthy food choices for you and  
20 your family. Teach your kids the importance of staying active; and

21       5. Don't be silent: Tell every woman you know that heart  
22 disease is the number-one killer of women. Raise your voice at  
23 *GoRedForWomen.org*.

1 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES  
2 OF THE 1ST SESSION OF THE 55TH OKLAHOMA LEGISLATURE:

3 THAT Friday, February 6, 2015, is hereby proclaimed "Wear Red  
4 Day" in Oklahoma, in recognition of the importance of the ongoing  
5 fight against heart disease and stroke in women.

6 THAT all citizens of this state are urged to show their support  
7 for women and the fight against heart disease by wearing red to  
8 commemorate Wear Red Day.

9 THAT a copy of this resolution be dispatched to the American  
10 Heart Association Southwest Affiliate.

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12 55-1-5608 AM 01/27/15

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