

1 **HOUSE OF REPRESENTATIVES - FLOOR VERSION**

2 STATE OF OKLAHOMA

3 2nd Session of the 55th Legislature (2016)

4 HOUSE
5 RESOLUTION 1033

By: Denney

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8 AS INTRODUCED

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

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13 WHEREAS, heart disease and stroke kill one in three women in the
14 United States, yet eighty percent (80%) of cardiac events may be
15 prevented; and

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

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

20 WHEREAS, women comprise only twenty-four percent (24%) of
21 participants in all heart-related studies; and

22 WHEREAS, women are less likely to call 911 for themselves when
23 experiencing symptoms of a heart attack than they are if someone
24 else is having a heart attack; and

1 WHEREAS, only thirty-six percent (36%) of African American women
2 and thirty-four percent (34%) of Hispanic women know that heart
3 disease is their greatest health risk, compared with sixty-five
4 percent (65%) of Caucasian women; and

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

8 WHEREAS, Go Red for Women encourages women to take charge of
9 their health and schedule a well-woman visit to learn about health
10 status and risk for diseases; 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. Donate: Show your support with a donation of time or money.

22 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES
23 OF THE 2ND SESSION OF THE 55TH OKLAHOMA LEGISLATURE:

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1 THAT Friday, February 5, 2016, is hereby proclaimed "Wear Red
2 Day" in Oklahoma, in recognition of the importance of the ongoing
3 fight against heart disease and stroke in women.

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

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

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10 DIRECT TO CALENDAR.

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