

By: Harless

H.R. No. 163

R E S O L U T I O N

1 WHEREAS, Heart disease ranks as the number one killer of
2 women, but 80 percent of cardiac events can be prevented; and

3 WHEREAS, An estimated 44 million women in the United States
4 are affected by cardiovascular diseases, which kill one woman
5 almost every minute and represent a third of female deaths each
6 year; and

7 WHEREAS, Although 90 percent of women have one or more risk
8 factors for developing heart disease, only one in five realizes
9 that heart disease is her greatest health threat; women are less
10 likely to call 9-1-1 for themselves when experiencing symptoms of a
11 heart attack than they are to seek assistance for someone else in
12 the same situation; and

13 WHEREAS, Since 1984, more women than men have died each year
14 from heart disease; nevertheless, women are underrepresented in
15 scientific research, comprising just 24 percent of participants in
16 all heart-related studies; and

17 WHEREAS, The American Heart Association established the Go
18 Red For Women campaign and National Wear Red Day to promote measures
19 that can reduce heart disease; the organization urges women to
20 maintain a healthy diet, exercise, stop smoking, and get their
21 blood pressure and cholesterol checked; in addition, it reminds
22 them to teach their children the importance of staying active and
23 eating sensibly; and

24 WHEREAS, By dressing in red on National Wear Red Day,

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1 citizens can raise awareness of heart disease, help others learn to
2 reduce their risk, and demonstrate support for more research and
3 education concerning heart disease and women; now, therefore, be it
4 RESOLVED, That February 6, 2015, be recognized as National
5 Wear Red Day and that all Texans be encouraged to participate in
6 this important observance.