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By:  Howard H.R. No. 115

R E S O L U T I O N

WHEREAS, Heart disease ranks as the number one cause of death for women in the United States, but 80 percent of cardiac events can be prevented; and

WHEREAS, An estimated 44 million U.S. women are affected by cardiovascular diseases, which, together with stroke, kill one woman every 80 seconds on average and account for a third of female deaths each year; and

WHEREAS, Although many women have one or more risk factors for developing heart disease, few realize that heart disease is their greatest health threat; moreover, studies have shown that women are less likely to call 911 for themselves when experiencing symptoms of a heart attack than they are to seek assistance for someone else in the same situation; and

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

WHEREAS, By dressing in red on National Wear Red Day, citizens can raise awareness of heart disease, help others learn to reduce their risk, and demonstrate support for more research and education focused on heart disease in women; now, therefore, be it

RESOLVED, That the House of Representatives of the 86th Texas Legislature hereby recognize February 1, 2019, as National Wear Red Day and encourage all Texans to participate in this important observance.