

By: Howard

H.R. No. 115

R E S O L U T I O N

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

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

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

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

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

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