

THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 272 Session of
2015

INTRODUCED BY TARTAGLIONE, BAKER, WOZNIAK, TEPLITZ, WARD,
GREENLEAF, BREWSTER, SABATINA, KITCHEN, COSTA, ARGALL,
FONTANA, DINNIMAN, MENSCH AND VANCE, JANUARY 27, 2016

INTRODUCED AND ADOPTED, JANUARY 27, 2016

A RESOLUTION

1 Recognizing February 5, 2016, as "National Wear Red Day" in
2 Pennsylvania.

3 WHEREAS, Heart disease and stroke kill one in three women in
4 the United States, yet 80% of cardiac events may be prevented;
5 and

6 WHEREAS, Cardiovascular disease and stroke kill one woman
7 every 80 seconds in the United States; and

8 WHEREAS, An estimated 44 million women in the United States
9 are affected by cardiovascular disease; and

10 WHEREAS, Ninety percent of women have one or more risk
11 factors for developing heart disease, yet only one in five
12 American women believe that heart disease is her greatest health
13 threat; and

14 WHEREAS, Women comprise only 24% of participants in all
15 heart-related studies; and

16 WHEREAS, Women are less likely to call 911 for themselves
17 when experiencing symptoms of a heart attack than for someone

1 else having a heart attack; and

2 WHEREAS, Only 36% of African-American women and 34% of
3 Hispanic women know that heart disease is their greatest health
4 risk, compared with 65% of Caucasian women; and

5 WHEREAS, Women involved with the American Heart Association's
6 "Go Red For Women" movement live healthier lives and nearly 90%
7 have made at least one healthy behavior change; and

8 WHEREAS, "Go Red For Women" encourages women to take charge
9 of their health and schedule a "well-woman" visit to learn about
10 their health status and risk for disease; and

11 WHEREAS, "Go Red for Women" asks all Americans to Go Red by
12 wearing red and speaking red as follows:

13 "Get Your Numbers" by asking your doctor to check your
14 blood pressure, cholesterol and glucose.

15 "Own Your Lifestyle" by not smoking, losing weight, being
16 physically active and eating healthy.

17 "Raise Your Voice" by advocating for more women-related
18 research and education.

19 "Educate Your Family" by making healthy food choices for
20 you and your family and teaching your children the importance
21 of staying active.

22 "Donate" by showing your support with a donation of time
23 or money;

24 and

25 WHEREAS, By increasing awareness, speaking up about heart
26 disease and empowering women to reduce their risk for
27 cardiovascular disease, we can save thousands of lives each
28 year; therefore be it

29 RESOLVED, That, in recognition of the importance of the
30 ongoing fight against heart disease and stroke, the Senate

1 recognize February 5, 2016, as "National Wear Red Day" in
2 Pennsylvania and urge all citizens to show their support for
3 women and the fight against heart disease by commemorating this
4 day by wearing the color red.