

THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 56 Session of 2015

INTRODUCED BY HARHART, PICKETT, DONATUCCI, GRELL, SCHLOSSBERG, WHEELAND, FRANKEL, PASHINSKI, HEFFLEY, CORBIN, VEREB, HENNESSEY, KIM, SONNEY, DUSH, DIGIROLAMO, MATZIE, THOMAS, MARSHALL, READSHAW, MACKENZIE, HAHN, BOBACK, V. BROWN, BAKER, C. PARKER, COHEN, KAUFFMAN, MUSTIO, CALTAGIRONE, WATSON, SCHWEYER, FARINA, TOEPEL, GODSHALL, LONGIETTI, STURLA, FREEMAN, MILLARD, DeLUCA, BROWNLEE, M. K. KELLER, ROSS, MAHONEY, KORTZ, MAJOR, HELM, GINGRICH, GOODMAN, ROZZI AND GABLER, FEBRUARY 2, 2015

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35, FEBRUARY 2, 2015

A RESOLUTION

1 Recognizing February 6, 2015, as "National Wear Red Day" in
2 Pennsylvania.

3 WHEREAS, Heart disease is the number one killer of women, yet
4 is often preventable; and

5 WHEREAS, Cardiovascular diseases cause one in three women's
6 deaths each year, killing approximately one woman every minute;
7 and

8 WHEREAS, An estimated 44 million women in the United States
9 are affected by cardiovascular diseases; 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 the greatest health
13 threat; and

14 WHEREAS, Since 1984, more women than men have died each year

1 from heart disease; and

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

4 WHEREAS, Women are less likely to call 911 for themselves
5 when experiencing symptoms of a heart attack than they are if
6 someone else is experiencing symptoms of a heart attack; and

7 WHEREAS, Only 43% of African American women and 44% of
8 Hispanic women know that heart disease is their greatest risk,
9 compared with 60% of Caucasian women; and

10 WHEREAS, Women involved with the American Heart Association's
11 Go Red for Women movement live healthier lives and nearly 90%
12 have made at least one healthy behavior change; and

13 WHEREAS, The American Heart Association is asking all
14 Americans to Go Red and "speak" red by doing the following:

15 *Get your numbers:* Ask your doctor to check your blood
16 pressure and cholesterol.

17 *Own your lifestyle:* Stop smoking, lose weight, exercise and
18 eat healthfully.

19 *Raise your voice:* Advocate for more women-related research
20 and education.

21 *Educate your family:* Make healthy food choices for you and
22 your family and teach your kids the importance of staying
23 active.

24 *Don't be silent:* Tell every woman you know that heart disease
25 is her number one killer and raise your voice at
26 GoRedForWomen.org;
27 therefore be it

28 RESOLVED, That, in recognition of the importance of the
29 ongoing fight against heart disease and stroke, the House of
30 Representatives recognize February 6, 2015, as "National Wear

1 Red Day" in Pennsylvania, and urge all residents to show their
2 support for women and the fight against heart disease and
3 commemorate this day by the wearing of the color red; and be it
4 further

5 RESOLVED, That by increasing awareness, speaking up about
6 heart disease and empowering women to reduce their risk for
7 cardiovascular disease, we can save thousands of lives each
8 year.