

By: Representative Currie

To: Rules

HOUSE RESOLUTION NO. 25

1 A RESOLUTION TO DESIGNATE FEBRUARY 8, 2018, AS "WEAR RED DAY"
2 IN MISSISSIPPI TO BRING AWARENESS TO THE EFFECTS OF CARDIOVASCULAR
3 DISEASE IN WOMEN.

4 WHEREAS, many women die each year because they are unaware
5 that heart disease is the number one killer of women in the United
6 States, and the "Go Red for Women" movement is the American Heart
7 Association's solution to bring much needed awareness to
8 cardiovascular disease in women; and

9 WHEREAS, Go Red for Women encourages women to take control of
10 their heart health by knowing five numbers that can be
11 life-changing: their total cholesterol, HDL (good) cholesterol,
12 blood pressure, blood sugar and body mass index; and

13 WHEREAS, heart disease is largely avoidable, with 80% of
14 cardiac events in women being preventable if women make the right
15 lifestyle choices for their hearts, such as making necessary
16 changes in diet and exercise and abstinence from smoking; and

17 WHEREAS, each year, one in three women die of heart disease
18 and stroke, with these diseases killing approximately one woman



19 every minute, and statistics show that women in the United States
20 who are involved with the "Go Red for Women" movement live
21 healthier lives, with 90% of those women having made at least one
22 healthy behavior change, more than one-third of those having lost
23 weight, more than 50% of those having increased their exercise,
24 six out of ten of those having made changes in their diets, more
25 than 40% of those having checked their cholesterol levels and
26 one-third of those having talked with their doctors about
27 developing heart health plans; and

28 WHEREAS, the first Friday in February is when Americans
29 nationwide wear red to celebrate National Wear Red Day and show
30 their support for women's heart disease awareness, and this
31 awareness campaign introduces the Red Dress as the national symbol
32 to deliver an urgent wake-up call to women in the United States,
33 with the Red Dress reminding women of the need to protect their
34 heart health and inspiring them to take action to make the
35 necessary lifestyle changes; and

36 WHEREAS, National Wear Red Day provides an opportunity for
37 everyone to unite in this life-saving awareness movement by
38 showing off a favorite red dress, red shirt, red tie or Red Dress
39 pin, and each year, thousands of men and women at companies,
40 organizations, churches and schools wear red to bring awareness to
41 women's heart disease on this day, with the National Heart, Lung
42 and Blood Institute, the Office on Women's Health, the U.S.
43 Department of Health and Human Services, WomenHeart: The National



44 Coalition for Women with Heart Disease, the Mississippi Chapter of
45 the American Heart Association and many other groups promoting
46 Wear Red Day in Mississippi; and

47 WHEREAS, in addition to National Wear Red Day it is most
48 appropriate for the State of Mississippi to designate a day to
49 show support for women and the fight against heart disease by
50 commemorating that day and by wearing the color red, and by
51 increasing awareness, speaking out about heart disease and
52 empowering women to reduce their risk for cardiovascular diseases,
53 we can save thousands of lives each year:

54 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF
55 REPRESENTATIVES OF THE STATE OF MISSISSIPPI, That in recognition
56 of the importance of the ongoing fight against heart disease and
57 stroke in women, we do hereby designate February 8, 2018, as "Wear
58 Red Day" in Mississippi and encourage all citizens to join in
59 bringing awareness to the effects of cardiovascular disease in
60 women.

61 BE IT FURTHER RESOLVED, That copies of this resolution be
62 presented to the Mississippi Chapter of the American Heart
63 Association, forwarded to the State Board of Health for
64 appropriate distribution to the citizens of our state, and to the
65 members of the Capitol Press Corps.

