

Assembly Concurrent Resolution

No. 122

Introduced by Assembly Member Burke

January 20, 2016

Assembly Concurrent Resolution No. 122—Relative to American Heart Month and Wear Red Day in California.

LEGISLATIVE COUNSEL'S DIGEST

ACR 122, as introduced, Burke. American Heart Month and Wear Red Day in California.

This measure would recognize the month of February 2016 as American Heart Month in California and February 5, 2016, as Wear Red Day in California in order to raise awareness of the importance of the ongoing fight against heart disease and stroke.

Fiscal committee: no.

- 1 WHEREAS, Heart disease and stroke kill one in three women
2 in the United States, yet 80 percent of cardiac events may be
3 prevented; and
4 WHEREAS, Cardiovascular diseases and stroke kill one woman
5 every 80 seconds in the United States; and
6 WHEREAS, An estimated 44 million women in the United
7 States are affected by cardiovascular diseases; and
8 WHEREAS, Ninety percent of women have one or more risk
9 factors for developing heart disease, yet only one in five women
10 believe that heart disease is her greatest health threat; and
11 WHEREAS, Women comprise only 24 percent of participants
12 in all heart-related studies; and

1 WHEREAS, Women are less likely to call 911 for themselves
2 when experiencing symptoms of a heart attack than they are if
3 someone else were having a heart attack; and

4 WHEREAS, Only 36 percent of African American women and
5 34 percent of Hispanic women know that heart disease is their
6 greatest health risk, compared with 65 percent of Caucasian
7 women; and

8 WHEREAS, According to the federal Centers for Disease
9 Control and Prevention (CDC), heart disease and stroke account
10 for 31.7 percent of all female deaths in California; and

11 WHEREAS, Research conducted by the CDC in 2010 found
12 that, on average, almost 100 women die from heart disease and
13 stroke in California each day; and

14 WHEREAS, Women involved with the American Heart
15 Association's Go Red For Women movement live healthier lives,
16 and nearly 90 percent have made at least one healthy behavior
17 change; and

18 WHEREAS, The Go Red For Women movement encourages
19 women to take charge of their health and schedule a well-woman
20 visit to learn about health status and risk for diseases; and

21 WHEREAS, The Go Red For Women movement is asking all
22 Americans to go red by wearing red and speaking red. Get your
23 numbers: ask your doctor to check your blood pressure and
24 cholesterol. Own your lifestyle: stop smoking, lose weight,
25 exercise, and eat healthy. Realize your risk: educate your family,
26 make healthy food choices for you and your family, and teach your
27 kids the importance of staying active. Don't be silent: tell all
28 women you know that heart disease is their number one killer;
29 now, therefore, be it

30 *Resolved by the Assembly of the State of California, the Senate*
31 *thereof concurring*, That the Legislature recognizes the month of
32 February 2016 as American Heart Month in California in order to
33 raise awareness of the importance of the ongoing fight against
34 heart disease and stroke; and be it further

35 *Resolved*, That the Legislature recognizes February 5, 2016, as
36 Wear Red Day in California, and urges all citizens to show their
37 support for women and the fight against heart disease by
38 commemorating this day by wearing the color red. By increasing
39 awareness, speaking up about heart disease, and empowering

- 1 women to reduce their risk for cardiovascular disease, we can save
- 2 thousands of lives each year; and be it further
- 3 *Resolved*, That the Chief Clerk of the Assembly transmit copies
- 4 of this resolution to the author for appropriate distribution.

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