

AMENDED IN ASSEMBLY FEBRUARY 4, 2016

CALIFORNIA LEGISLATURE—2015–16 REGULAR SESSION

## Assembly Concurrent Resolution

No. 122

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### Introduced by Assembly Member Burke

*(Coauthors: Assembly Members Achadjian, Alejo, Travis Allen, Atkins, Bigelow, Bloom, Bonilla, Brough, Brown, Calderon, Campos, Chang, Chau, Chávez, Chiu, Chu, Cooley, Cooper, Dababneh, Dahle, Daly, Dodd, Eggman, Gallagher, Cristina Garcia, Eduardo Garcia, Gatto, Gipson, Gomez, Gonzalez, Gordon, Grove, Harper, Holden, Irwin, Jones, Jones-Sawyer, Kim, Lackey, Linder, Lopez, Low, Maienschein, Mathis, Mayes, McCarty, Medina, Mullin, Nazarian, Obernolte, O'Donnell, Olsen, Patterson, Quirk, Rendon, Rodriguez, Salas, Steinorth, Mark Stone, Thurmond, Ting, Wagner, Waldron, Weber, Wilk, Williams, and Wood)*

January 20, 2016

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

#### LEGISLATIVE COUNSEL'S DIGEST

ACR 122, as amended, 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

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

16 WHEREAS, Only 36 percent of African American women and  
17 34 percent of Hispanic women know that heart disease is their  
18 greatest health risk, compared with 65 percent of Caucasian  
19 women; and

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

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

26 WHEREAS, Women involved with the American Heart  
27 Association's Go Red For Women movement live healthier lives,  
28 and nearly 90 percent have made at least one healthy behavior  
29 change; and

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

33 WHEREAS, The Go Red For Women movement is asking all  
34 Americans to go red by wearing red and speaking red. Get your  
35 numbers: ask your doctor to check your blood pressure and  
36 cholesterol. Own your lifestyle: stop smoking, lose weight,  
37 exercise, and eat healthy. Realize your risk: educate your family,  
38 make healthy food choices for you and your family, and teach your  
39 kids the importance of staying active. Don't be silent: tell all

1 women you know that heart disease is their number one killer;  
2 now, therefore, be it

3 *Resolved by the Assembly of the State of California, the Senate*  
4 *thereof concurring*, That the Legislature recognizes the month of  
5 February 2016 as American Heart Month in California in order to  
6 raise awareness of the importance of the ongoing fight against  
7 heart disease and stroke; and be it further

8 *Resolved*, That the Legislature recognizes February 5, 2016, as  
9 Wear Red Day in California, and urges all citizens to show their  
10 support for women and the fight against heart disease by  
11 commemorating this day by wearing the color red. By increasing  
12 awareness, speaking up about heart disease, and empowering  
13 women to reduce their risk for cardiovascular disease, we can save  
14 thousands of lives each year; and be it further

15 *Resolved*, That the Chief Clerk of the Assembly transmit copies  
16 of this resolution to the author for appropriate distribution.

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