

## **Assembly Concurrent Resolution No. 122**

### **RESOLUTION CHAPTER 13**

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

[Filed with Secretary of State March 10, 2016.]

#### **LEGISLATIVE COUNSEL'S DIGEST**

ACR 122, 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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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