

Introduced by Senator Jackson
(Coauthor: Assembly Member Cristina Garcia)

January 22, 2015

Senate Concurrent Resolution No. 13—Relative to American Heart Month and California Wear Red Day.

LEGISLATIVE COUNSEL'S DIGEST

SCR 13, as introduced, Jackson. American Heart Month and California Wear Red Day.

This measure would recognize the month of February 2015 as American Heart Month in California and February 5, 2015, 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 is the number one killer of women,
2 yet 80 percent of cardiac events can be prevented; and
3 WHEREAS, Cardiovascular disease is the cause of death of one
4 in three women who die each year, approximately one woman
5 every minute; and
6 WHEREAS, The American Heart Association is celebrating
7 February 2015 as American Heart Month and promoting education
8 and awareness by encouraging citizens to learn the warning signs
9 of heart attack and stroke; and
10 WHEREAS, The American Heart Association's 2020 impact
11 goal seeks to improve the cardiovascular health of all Americans
12 by 20 percent while reducing deaths from cardiovascular disease
13 and stroke by 20 percent through research, population- and

1 community-level interventions, and public health and policy
2 measures; and

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

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

8 WHEREAS, Since 1984, more women than men have died each
9 year from heart disease; and

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

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

15 WHEREAS, Only 43 percent of African American women and
16 only 44 percent of Hispanic women know that heart disease is their
17 greatest health risk, compared with 60 percent of Caucasian
18 women; and

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

22 WHEREAS, Research conducted by the federal Centers for
23 Disease Control and Prevention in 2010 found that, on average,
24 almost 100 women die from heart disease and stroke in California
25 each day; and

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

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

38 *Resolved by the Senate of the State of California, the Assembly*
39 *thereof concurring*, That the Legislature recognizes the month of
40 February 2015 as American Heart Month in California in order to

1 raise awareness of the importance of the ongoing fight against
2 heart disease and stroke; and be it further

3 *Resolved*, That the Legislature recognizes February 5, 2015, as
4 Wear Red Day in California, and urges all citizens to show their
5 support of women and the fight against heart disease by
6 commemorating this day by wearing the color red; and be it further

7 *Resolved*, That the Legislature urges public support for Go Red
8 For Women events planned in California during American Heart
9 Month; and be it further

10 *Resolved*, That the Secretary of the Senate transmit copies of
11 this resolution to the author for appropriate distribution.

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14 **CORRECTIONS:**

15 **Text—Pages 2 and 3.**

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