

AMENDED IN SENATE JANUARY 29, 2015

**Senate Concurrent Resolution**

**No. 13**

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

January 22, 2015

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

LEGISLATIVE COUNSEL'S DIGEST

SCR 13, as amended, Jackson. American Heart Month and ~~California~~ Wear Red Day *in California*.

This measure would recognize the month of February 2015 as American Heart Month in California and February 5 6, 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

1 and stroke by 20 percent through research, population- and  
2 community-level interventions, and public health and policy  
3 measures; and

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

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

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

11 WHEREAS, Women comprise only 24 percent of participants  
12 in all heart-disease-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 43 percent of African American women and  
17 only 44 percent of Hispanic women know that heart disease is their  
18 greatest health risk, compared with 60 percent of Caucasian  
19 women; and

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

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

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

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

39 *Resolved by the Senate of the State of California, the Assembly*  
40 *thereof concurring*, That the Legislature recognizes the month of

1 February 2015 as American Heart Month in California in order to  
2 raise awareness of the importance of the ongoing fight against  
3 heart disease and stroke; and be it further

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

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

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