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HOUSE MEMORIAL 36

**53RD LEGISLATURE - STATE OF NEW MEXICO - SECOND SESSION, 2018**

INTRODUCED BY

Elizabeth "Liz" Thomson and Joanne J. Ferrary

A MEMORIAL

PROCLAIMING TUESDAY, JANUARY 30, 2018, AS "WEAR RED DAY" IN THE HOUSE OF REPRESENTATIVES IN RECOGNITION OF THE IMPORTANCE OF THE ONGOING FIGHT AGAINST HEART DISEASE AND STROKE.

WHEREAS, according to the United States centers for disease control and prevention, cardiovascular disease is the number-one killer of women in the United States; and

WHEREAS, cardiovascular disease kills one woman almost every eighty seconds in the United States; and

WHEREAS, about eighty percent of cardiovascular disease may be prevented; and

WHEREAS, some risk factors, such as blood pressure, smoking, cholesterol and lack of regular physical activity, can be controlled; and

WHEREAS, the American heart association's go red for women

1 movement motivates women to learn their family histories and to  
2 meet with health care providers to determine their risks for  
3 cardiovascular diseases and stroke; and

4 WHEREAS, going red for women encourages women to take control  
5 of their heart health by knowing the following five  
6 measurements that can be life-changing:

- 7 A. total cholesterol;
- 8 B. high-density lipoprotein, known as HDL, or "good  
9 cholesterol";
- 10 C. blood pressure;
- 11 D. blood sugar; and
- 12 E. body mass index or "BMI";

13 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF  
14 REPRESENTATIVES OF THE STATE OF NEW MEXICO that, in recognition  
15 of the importance of the ongoing fight against heart disease  
16 and stroke, Tuesday, January 30, 2018, be proclaimed "Wear Red  
17 Day" in the house of representatives; and

18 BE IT FURTHER RESOLVED that all New Mexico residents be  
19 requested to show their support for women and the fight against  
20 heart disease by commemorating this day with wearing the color  
21 red; and

22 BE IT FURTHER RESOLVED that it be recognized that by  
23 increasing awareness, speaking out about heart disease and  
24 empowering women to reduce their risks for cardiovascular  
25 disease, thousands of lives can be saved each year.