

1 A MEMORIAL

2 DECLARING FEBRUARY 2, 2016 AS "WEAR RED DAY" IN THE SENATE
3 AND URGING ALL CITIZENS TO SHOW THEIR SUPPORT FOR WOMEN AND
4 THE FIGHT AGAINST HEART DISEASE BY WEARING THE COLOR RED.

5
6 WHEREAS, according to American heart association
7 statistics, heart disease is the number-one killer of women,
8 even though eighty percent of cardiac events can be
9 prevented; and

10 WHEREAS, cardiovascular diseases cause one in three
11 women's deaths each year, killing approximately one woman
12 every eighty seconds; and

13 WHEREAS, an estimated forty-four million women in the
14 United States are affected by cardiovascular diseases; and

15 WHEREAS, ninety percent of women have one or more risk
16 factors for developing heart disease, yet only one in five
17 American women believes that heart disease is her greatest
18 health threat; and

19 WHEREAS, since 1984, more women than men have died each
20 year from heart disease; and

21 WHEREAS, women comprise only twenty-four percent of
22 participants in all heart-related studies; and

23 WHEREAS, women are less likely to call 911 for
24 themselves when experiencing symptoms of a heart attack than
25 they are if someone else is experiencing symptoms of a heart

1 attack; and

2 WHEREAS, only thirty-six percent of African American
3 women and thirty-four percent of Hispanic women know that
4 heart disease is their greatest health risk, compared with
5 sixty-five percent of Caucasian women; and

6 WHEREAS, women involved with the American heart
7 association's go red for women movement live healthier lives,
8 and nearly ninety percent have made at least one healthy
9 behavior change; and

10 WHEREAS, go red for women encourages women to take
11 charge of their health and schedule a well-woman visit to
12 learn about their health status and risk for diseases; and

13 WHEREAS, go red for women is asking all Americans to go
14 red by wearing red and speaking red; and

15 WHEREAS, women are encouraged to:

16 A. get their numbers: ask for blood pressure,
17 cholesterol and glucose to be checked;

18 B. own their lifestyle: stop smoking, lose
19 weight, be physically active and eat healthy;

20 C. raise their voice: advocate for more
21 women-related research and education;

22 D. educate family members: make healthy food
23 choices and teach kids about the importance of staying
24 active; and

25 E. donate: show support with a donation of time

1 and money;

2 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE
3 STATE OF NEW MEXICO that February 2, 2016 be declared
4 "Wear Red Day" in the senate; and

5 BE IT FURTHER RESOLVED that all New Mexicans be urged
6 to show their support for women and the fight against heart
7 disease by commemorating this day by wearing the color red;
8 and

9 BE IT FURTHER RESOLVED that a copy of this memorial be
10 transmitted to the secretary of health. _____

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