

A MEMORIAL

PROCLAIMING FEBRUARY 4, 2010 AS "WEAR RED DAY" AT THE HOUSE OF REPRESENTATIVES.

WHEREAS, diseases of the heart are the nation's leading cause of death and stroke is the third-leading cause of death in the United States; and

WHEREAS, cardiovascular disease claims the lives of nearly four hundred sixty thousand American women each year, which is approximately one death per minute; and

WHEREAS, each year, fifty-three percent of all deaths due to cardiovascular disease and sixty-one percent of stroke deaths occur in women; and

WHEREAS, too many women die each year because they are unaware that heart disease is their number one killer; and

WHEREAS, in 2010, the direct and indirect cost of cardiovascular diseases in the United States, including stroke, is estimated to be five hundred three billion two hundred million dollars (\$503,200,000,000); and

WHEREAS, nearly as many women die of heart disease, stroke and all other cardiovascular diseases than the next five leading causes of death combined, including all cancers; and

WHEREAS, only twenty-one percent of women consider cardiovascular disease their greatest health risk; and

WHEREAS, February is designated as American heart month;
and

WHEREAS, "Go Red For Women" is the American heart association's national call to increase awareness about heart disease, the leading cause of death for women, and to inspire women to take charge of their heart health; and

WHEREAS, all women should learn their own personal risk for heart disease, using tools such as the American heart association's "Go Red For Women" heart checkup and by talking to their health care providers; and

WHEREAS, making the right choices relating to proper nutrition, physical activity and other healthy lifestyle choices is essential to living a heart healthy life; and

WHEREAS, by increasing awareness, speaking up about heart disease and empowering women to reduce their risk for cardiovascular disease, thousands of lives can be saved each year; and

WHEREAS, choosing to speak up about heart disease can save lives;

NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE STATE OF NEW MEXICO that, in recognition of the importance of the ongoing fight against heart disease and stroke, Thursday, February 4, 2010, be proclaimed "Wear Red Day" at the house of representatives; and

BE IT FURTHER RESOLVED that all New Mexicans be

encouraged to show their support for women and the fight against heart disease by commemorating this day by the wearing of the color red.