



# State of Tennessee

## HOUSE RESOLUTION NO. 134

By Representative Gilmore

A RESOLUTION to recognize the American Heart Association's annual National Wear Red Day® on February 5, 2016.

WHEREAS, the American Heart Association's Go Red for Women® movement has been making a positive impact on the health of women for thirteen years, and women involved with this movement live healthier lives, with nearly ninety percent having made at least one healthy behavior change; and

WHEREAS, heart disease is the number one killer of women, yet eighty percent of cardiac events can be prevented; and

WHEREAS, cardiovascular diseases cause one in three women's deaths each year, killing approximately one woman every minute of every hour of every day; and

WHEREAS, an estimated 43 million women in the United States are affected by cardiovascular diseases; and

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

WHEREAS, since 1984, more women than men have died each year from heart disease; nonetheless, women comprise only twenty-four percent of participants in all heart-related studies; and

WHEREAS, women are less likely to call for emergency medical services when experiencing symptoms of a heart attack than they are if someone else is symptomatic for cardiac arrest; and

WHEREAS, only forty-three percent of African-American women and thirty-three percent of Hispanic women know that heart disease is their greatest health risk; and

WHEREAS, Go Red for Women® is asking all Americans to Go Red by wearing red and by speaking out about the facts of cardiovascular diseases, whereby women are encouraging women to:

- Get their numbers, including blood pressure and cholesterol;
- Own their lifestyles, exercise, and eat healthy;
- Raise their voices to advocate for women-related research;
- Educate their families on staying active; and
- Don't be silent; and

WHEREAS, the health of all Tennessee women is of paramount importance, and it is fitting that this General Assembly join with the American Heart Association to raise awareness of the prevalence of cardiovascular diseases in the lives of women and encourage women to take preventive measures in their lives; now, therefore,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED NINTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, that we hereby honor and recognize the American Heart Association's Thirteenth National Wear Red Day® on February 5, 2016, and applaud the effort put forth by this association on behalf of women to raise awareness of heart disease and save lives.

BE IT FURTHER RESOLVED, that an appropriate copy of this resolution be prepared for presentation with this final clause omitted from such copy.

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ADOPTED: January 20, 2016

  
BETH HARWELL, SPEAKER  
HOUSE OF REPRESENTATIVES