



HR0988

LRB099 18742 GRL 43126 r

1 HOUSE RESOLUTION

2 WHEREAS, Heart disease is the number one killer of women,
3 yet 80% of cardiac events can be prevented; and

4 WHEREAS, Cardiovascular diseases cause one in three
5 women's deaths each year, killing approximately one woman every
6 minute; and

7 WHEREAS, An estimated 44 million women in the United States
8 are affected by cardiovascular diseases; and

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

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

15 WHEREAS, Women comprise only 24% of participants in all
16 heart-related studies; and

17 WHEREAS, Women are less likely to call 911 for themselves
18 when experiencing symptoms of a heart attack than they are if
19 someone else was having a heart attack; and

1 WHEREAS, Only 43% of African American women and 44% of
2 Hispanic women know that heart disease is their greatest health
3 risk, compared with 60% of Caucasian women; and

4 WHEREAS, Women involved with the American Heart
5 Association's Go Red For Women movement live healthier lives
6 and nearly 90% have made at least one healthy behavior change;
7 and

8 WHEREAS, Go Red For Women is asking all Americans to Go Red
9 by wearing red and speaking red; the objects of this initiative
10 include: Get Your Numbers by asking your doctor to check your
11 blood pressure and cholesterol; Own Your Lifestyle by quitting
12 smoking, losing weight, exercising, and eating healthy; Raise
13 Your Voice by advocating for more women-related research and
14 education; Educate Your Family by teaching your kids the
15 importance of staying active and making healthy food choices
16 for you and your family; and Don't Be Silent by telling every
17 woman you know that heart disease is her number one killer and
18 by raising your voice at GoRedForWomen.org; and

19 WHEREAS, By increasing awareness, speaking up about heart
20 disease, and empowering women to reduce their risk for
21 cardiovascular disease, we can save thousands of lives each
22 year; therefore, be it

1 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE
2 NINETY-NINTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we
3 recognize the importance of the ongoing fight against heart
4 disease and stroke by designating February 5, 2016 as "Wear Red
5 Day" in the State of Illinois and urging all citizens to show
6 their support for women and the fight against heart disease by
7 commemorating this day through the wearing of the color red.