

SENATE RESOLUTION NO. 14

Senators Johnson, Theis, LaSata, Nesbitt, Polehanki, Bizon, Victory, Barrett, Zorn, Runestad, Bumstead, Daley, Lauwers, MacDonald, McBroom, VanderWall, Chang, Moss, Brinks, Bayer, Geiss, Wojno, McCann, Alexander, Santana, Bullock, Stamas, Horn, Shirkey, Outman and Schmidt offered the following resolution:

1 A resolution to recognize February 2021 as American Heart
2 Month and February 5, 2021, as "Go Red for Women Day."

3 Whereas, Cardiovascular diseases are the number one killer of
4 women in the United States; and

5 Whereas, About 80 percent of cardiovascular diseases may be
6 prevented; and

7 Whereas, Some risk factors including blood pressure, smoking,
8 cholesterol, and the lack of regular physical activity, can all be

1 controlled; and

2 Whereas, The American Heart Association's Go Red for Women®
3 movement motivates women to learn about their family history and
4 meet with a health care provider in order to determine their risk
5 for cardiovascular diseases and stroke; and

6 Whereas, "Go Red for Women Day" encourages women to take
7 control of their heart health by understanding five life-changing
8 numbers:

- 9 1. Total Cholesterol;
- 10 2. HDL (good) Cholesterol;
- 11 3. Blood Pressure;
- 12 4. Blood Sugar;
- 13 5. Body Mass Index (BMI); and

14 Whereas, The American Heart Association celebrates February
15 2021 as American Heart Month by promoting cardiovascular education,
16 awareness, and by encouraging citizens to learn the warning signs
17 of a heart attack and stroke; now, therefore, be it

18 Resolved by the Senate, That we recognize February 2021 as
19 American Heart Month and February 5, 2021, as "Go Red for Women
20 Day"; and be it further

21 Resolved, That we also recognize the importance of the ongoing
22 fight against cardiovascular diseases and stroke by applauding the
23 citizens across the country who wore red on February 5, 2021 to
24 show their support for women's health; and be it further

25 Resolved, That by increasing awareness, speaking out about
26 heart disease, and empowering women to reduce their risk for
27 cardiovascular diseases and stroke, we can save thousands of lives
28 each year.