

1 **HOUSE OF REPRESENTATIVES - FLOOR VERSION**

2 STATE OF OKLAHOMA

3 1st Session of the 55th Legislature (2015)

4 HOUSE
5 RESOLUTION 1003

By: Denney

6
7 AS INTRODUCED

8 A Resolution proclaiming Wear Red Day in Oklahoma;
9 urging citizens to wear red to commemorate Wear Red
10 Day; and directing distribution.

11
12 WHEREAS, heart disease is the number one killer of women, yet
13 eighty percent (80%) of cardiac events can be prevented; and

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

16 WHEREAS, an estimated 44 million women in the United States are
17 affected by cardiovascular diseases; and

18 WHEREAS, ninety percent (90%) of women have one or more risk
19 factors for developing heart disease, yet only one in five American
20 women believes that heart disease is her greatest health threat; and

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

23 WHEREAS, women comprise only twenty-four percent (24%) of
24 participants in all heart-related studies; and

1 WHEREAS, women are less likely to call 911 for themselves when
2 experiencing symptoms of a heart attack than they are if someone
3 else is having a heart attack; and

4 WHEREAS, only forty-three percent (43%) of African American
5 women and forty-four percent (44%) of Hispanic women know that heart
6 disease is their greatest health risk, compared with sixty percent
7 (60%) of Caucasian women; and

8 WHEREAS, women involved with the American Heart Association's Go
9 Red for Women movement live healthier lives. Nearly ninety percent
10 (90%) have made at least one healthy behavior change; and

11 WHEREAS, Go Red for Women is asking all Americans to Go Red by
12 wearing red and speaking red, and:

13 1. Get your numbers: Ask your doctor to check your blood
14 pressure and cholesterol;

15 2. Own your lifestyle: Stop smoking, lose weight, exercise and
16 eat healthy;

17 3. Raise your voice: Advocate for more women-related research
18 and education;

19 4. Educate your family: Make healthy food choices for you and
20 your family. Teach your kids the importance of staying active; and

21 5. Don't be silent: Tell every woman you know that heart
22 disease is the number-one killer of women. Raise your voice at
23 *GoRedForWomen.org*.

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1 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES
2 OF THE 1ST SESSION OF THE 55TH OKLAHOMA LEGISLATURE:

3 THAT Friday, February 6, 2015, is hereby proclaimed "Wear Red
4 Day" in Oklahoma, in recognition of the importance of the ongoing
5 fight against heart disease and stroke in women.

6 THAT all citizens of this state are urged to show their support
7 for women and the fight against heart disease by wearing red to
8 commemorate Wear Red Day.

9 THAT a copy of this resolution be dispatched to the American
10 Heart Association Southwest Affiliate.

11 DIRECT TO CALENDAR.
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