

1 HJR111
2 174910-1
3 By Representative Gaston
4 RFD: Rules
5 First Read: 01-MAR-16

8 RECOGNIZING FEBRUARY AS NATIONAL HEART MONTH AND
9 INCREASING AWARENESS OF WOMEN'S HEART HEALTH.

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11 WHEREAS, heart disease, which is 80 percent
12 preventable, is the number one killer of women; heart disease
13 kills more women than all forms of cancer combined, but is
14 often undiagnosed; and

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

18 WHEREAS, an estimated 43 million women in the U. S.
19 are affected by cardiovascular diseases; and

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

24 WHEREAS, women comprise only 24 percent of
25 participants in all heart-related studies; since 1984, more

1 women than men have died each year from heart disease and the
2 gap between men and women's survival continues to widen; and

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

6 WHEREAS, Alabama has the second highest death rate
7 in the nation from cardiovascular disease and heart disease is
8 the number one killer of Alabamians; and

9 WHEREAS, in celebration of National Heart Month for
10 the month of February, Go Red For Women is asking all women
11 across America to go red by wearing red and speaking red in
12 the following ways: Get Your Numbers: Ask your doctor to check
13 your blood pressure and cholesterol. Own Your Lifestyle: Stop
14 smoking, lose weight, exercise, and eat healthy; Realize Your
15 Risk: Women think it won't happen, but heart disease is the
16 cause of 1 in 3 female deaths each year. Educate Your Family:
17 Make healthy food choices for you and your family. Teach your
18 kids the importance of staying active. Don't be silent: Tell
19 every woman you know that heart disease is their Number 1
20 killer. Raise your voice at GoRedForWomen.org; now therefore,

21 BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH
22 HOUSES THEREOF CONCURRING, That in recognition of the
23 importance of the ongoing fight against heart disease and
24 stroke, we recognize February as National Heart Month in
25 Alabama; we urge all Alabama citizens to show their support
26 for the fight against heart disease and to commemorate this

1 time by increasing awareness, speaking up about heart disease,
2 and empowering women to reduce their risk for cardiovascular
3 disease.