

# State of Vermont

## House of Representatives



Montpelier, Vermont

### Concurrent House Resolution

H.C.R. 235

House concurrent resolution designating February 5, 2016 as Wear Red Day in Vermont

Offered by: Representatives Krowinski of Burlington, Berry of Manchester, Branagan of Georgia, Briglin of Thetford, Chesnut-Tangerman of Middletown Springs, Copeland-Hanzas of Bradford, Dame of Essex, Donovan of Burlington, Forguites of Springfield, French of Randolph, Haas of Rochester, LaLonde of South Burlington, Lucke of Hartford, Masland of Thetford, McCoy of Poultney, McFaun of Barre Town, Mrowicki of Putney, Pugh of South Burlington, Stevens of Waterbury, Strong of Albany, Sullivan of Burlington, Till of Jericho, Wood of Waterbury, and Yantachka of Charlotte

Offered by: All Members of the Senate

Whereas, in the United States, heart disease and stroke kill one in three women, yet 80 percent of cardiac events may be preventable, and

Whereas, cardiovascular diseases and stroke kill one woman every 80 seconds, and they affect an estimated 44 million women nationwide, and

Whereas, women are less likely to call 911 for themselves when experiencing symptoms of a heart attack than they are to call 911 if someone else were experiencing such symptoms, and

Whereas, only 36 percent of African American women and 34 percent of Hispanic women know that heart disease is their greatest health risk, compared with 65 percent of Caucasian women who have this awareness, and

Whereas, women involved with the American Heart Association's Go Red For Women movement live healthier lives, and nearly 90 percent have instituted at least one healthy behavior change, and

Whereas, Go Red For Women encourages women to take charge of their health and schedule a Well-Woman visit to learn about their personal health status and risk for diseases, and

Whereas, Go Red For Women is asking all Americans to Go Red by wearing red on February 5, 2016, and

Whereas, Go Red for Women encourages all Americans to take a set of preventative measures, including asking their doctor to check their blood pressure, cholesterol, and glucose level; stopping smoking; reducing their weight; engaging in physical activity; and eating a healthful diet, and

Whereas, for the benefit of the younger generation, Go Red for Women urges parents to teach their children the importance of eating a healthful diet and staying active, now therefore be it

Resolved by the Senate and House of Representatives:

That the General Assembly designates February 5, 2016 as Wear Red Day in Vermont, and be it further

Resolved: That the Secretary of State be directed to send a copy of this resolution to the Vermont office of the American Heart Association-American Stroke Association.