

STATE OF OKLAHOMA

2nd Session of the 56th Legislature (2018)

HOUSE
RESOLUTION 1023

By: Munson

AS INTRODUCED

A Resolution proclaiming February 8, 2018, to be Wear Red Day in Oklahoma; urging all citizens to show support by commemorating February 8, 2018, by wearing the color red.

WHEREAS, cardiovascular diseases are the number one killer of women in the United States; and

WHEREAS, cardiovascular diseases kill one woman almost every 80 seconds in the United States; and

WHEREAS, about eighty percent of cardiovascular diseases may be prevented; and

WHEREAS, some risk factors such as blood pressure, smoking, cholesterol and lack of regular physical activity can be controlled; and

WHEREAS, the American Heart Association's Go Red For Women movement motivates women to learn their family history and to meet with a health care provider to determine their risk for cardiovascular diseases and stroke; and

1 WHEREAS, Go Red For Women encourages women to take control of
2 their heart health by knowing five numbers that can be life
3 changing:

- 4 1. Total Cholesterol;
- 5 2. HDL (good) Cholesterol;
- 6 3. Blood Pressure;
- 7 4. Blood Sugar; and
- 8 5. Body Mass Index (BMI).

9 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES
10 OF THE 2ND SESSION OF THE 56TH OKLAHOMA LEGISLATURE:

11 THAT February 8, 2018, is hereby proclaimed to be "Wear Red Day"
12 in Oklahoma in recognition of the importance of the ongoing fight
13 against heart disease and stroke.

14 THAT all citizens of this state are urged to show their support
15 for women and the fight against heart disease by commemorating
16 February 8, 2018, by wearing the color red. By increasing
17 awareness, speaking out about heart disease, and empowering women to
18 reduce their risk for cardiovascular diseases, thousands of lives
19 can be saved each year.

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