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**ACR-146 American Heart Month and Wear Red Day.** (2017-2018)

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**Assembly Concurrent Resolution No. 146**

**CHAPTER 10**

Relative to American Heart Month and Wear Red Day.

[ Filed with Secretary of State February 22, 2018. ]

**LEGISLATIVE COUNSEL'S DIGEST**

ACR 146, Limón. American Heart Month and Wear Red Day.

This measure would declare February 2018 as American Heart Month and would declare February 2, 2018, as Wear Red Day in California.

Fiscal Committee: no

WHEREAS, Cardiovascular disease kills one in three women in the United States, yet 80 percent of cardiovascular disease may be prevented; and

WHEREAS, Cardiovascular disease and stroke kill one woman every 80 seconds in the United States; and

WHEREAS, An estimated 44 million women in the United States are affected by cardiovascular disease; and

WHEREAS, Ninety percent of women have one or more risk factors for developing heart disease or stroke, yet only one in five women believe that heart disease is among their greatest health threats; and

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

WHEREAS, According to the federal Centers for Disease Control and Prevention (CDC), heart disease and stroke account for 31.7 percent of all female deaths in California; and

WHEREAS, Research conducted by the CDC in 2010 found that, on average, almost 100 women die from heart disease and stroke in California each day; and

WHEREAS, The American Heart Association's Go Red For Women movement motivates women to learn their family histories and to meet with health care providers to determine their risks for cardiovascular disease and stroke; and

WHEREAS, Women involved with the Go Red For Women movement live healthier lives; and

WHEREAS, The Go Red For Women movement encourages women to take control of their heart health by knowing and managing their total cholesterol, HDL cholesterol, blood pressure, blood sugar, and body mass index; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature recognizes the month of February 2018 as American Heart Month in California to raise awareness of the importance of the ongoing fight against heart disease and stroke; and be it further

Resolved, That the Legislature recognizes February 2, 2018, as Wear Red Day in California, and urges all citizens to show their support for women and the fight against heart disease by commemorating this day by wearing the color red. By increasing awareness, speaking up about heart disease, and empowering women to reduce their risk for cardiovascular disease, we can save thousands of lives each year; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the author for appropriate distribution.