



**SR-71** (2019-2020)

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ENROLLED FEBRUARY 11, 2020

PASSED IN SENATE FEBRUARY 10, 2020

CALIFORNIA LEGISLATURE— 2019–2020 REGULAR SESSION

**SENATE RESOLUTION**

**NO. 71**

**Introduced by Senator Chang**

**January 27, 2020**

Relative to American Heart Month and Wear Red Day.

**LEGISLATIVE COUNSEL'S DIGEST**

SR 71, Chang.

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

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

WHEREAS, Heart disease and stroke can affect all women at any age while new research is showing a rise in heart attacks in younger women; and

WHEREAS, About 80 percent of cardiac events can be prevented through education and lifestyle changes; and

WHEREAS, High blood pressure, or hypertension, is the second leading cause of preventable heart disease and death by stroke—second only to smoking; and

WHEREAS, All women are encouraged to move more, eat smart, and manage blood pressure to reduce their risk of cardiovascular disease; 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

WHEREAS, Go Red For Women empowers women to get healthy through Watch Me Go Red, a campaign designed to engage women to show others what they do to experience good health and well-being, while inspiring others to do the same; now, therefore, be it

Resolved by the Senate of the State of California, That the Senate recognizes the month of February 2020 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 Senate recognizes February 7, 2020, 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 Secretary of the Senate transmit copies of this resolution to the author for appropriate distribution.