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ACR-20 Wear Red Day and American Heart Month. (2025-2026)

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Assembly Concurrent Resolution No. 20

CHAPTER 20

Relative to Wear Red Day and American Heart Month.

[Filed with Secretary of State March 18, 2025.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 20, Macedo. Wear Red Day and American Heart Month.

This measure would recognize February 7, 2025, as Wear Red Day and the month of February 2025 as American Heart Month.

Fiscal Committee: no

WHEREAS, Cardiovascular disease is the leading cause of death in women and claims more lives than all forms of cancer combined, yet only 44 percent of women recognize that cardiovascular disease is their leading cause of death; and

WHEREAS, Among women 20 years of age and older, nearly 45 percent are living with some form of cardiovascular disease and less than one-half of women entering pregnancy in the United States have optimal cardiovascular health; and

WHEREAS, Cardiovascular disease is the leading cause of maternal death in the United States, or, more simply put, heart disease is the number one killer of new moms, and overall, 10 to 20 percent of women will have a health issue during pregnancy, such as high blood pressure, preeclampsia, and gestational diabetes which greatly increase a woman's risk of developing cardiovascular disease later in life; and

WHEREAS, In 2020, stroke caused the deaths of 90,627 women, approximately 56.5 percent of total stroke deaths; and

WHEREAS, Women with ischemic stroke are less likely to be transported to the hospital by emergency medical services and to receive prompt imaging and blood thinners, and are more likely to die within 30 days of stroke hospitalization; and

WHEREAS, Each year, more than 350,000 people in the United States experience cardiac arrest outside of a hospital, about 70 percent of cardiac arrests happen at home, and only about 1 in 10 people survive; and

WHEREAS, Each year, more than 23,000 children under 18 years of age in the United States experience cardiac arrest outside of a hospital and almost 40 percent of these cardiac arrests are sports related; and

WHEREAS, Cardiopulmonary resuscitation (CPR), especially if performed immediately, can double or triple a person's chance of survival and only about 46 percent of people who experience cardiac arrest receive CPR from a bystander while waiting for emergency responders to arrive; and

WHEREAS, Women are often less likely to receive CPR from a bystander because rescuers often fear accusations of inappropriate touching; and

WHEREAS, Knowing how to properly perform CPR has encouraged more people to act when faced with a cardiac emergency. To save more lives from cardiac arrest outside of a hospital, we must increase the number of people who respond to cardiac arrest by calling 911, delivering high-quality CPR, and using an automated external defibrillator as soon as it is available; and

WHEREAS, Since 2004, the American Heart Association's Go Red for Women® movement has addressed the awareness and clinical care gaps of women's greatest health threat, cardiovascular disease, and continues to make bold moves to save lives and pioneer scientific discoveries; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature recognizes February 7, 2025, 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 Legislature recognizes the month of February 2025 as American Heart Month in California to raise awareness of the importance of the ongoing fight against heart disease and stroke, and the effort to double the survival rate from cardiac arrest; and be it further

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