

# Proclamation

## NATIONAL WEAR RED DAY®

**WHEREAS,** Heart disease and stroke kill one in three women in the U.S., yet eighty percent of cardiac events may be prevented; and

**WHEREAS,** cardiovascular diseases and stroke kill one woman every 80 seconds in the U.S.; and

**WHEREAS,** an estimated 44 million women in the U.S. are affected by cardiovascular diseases; and

**WHEREAS,** ninety percent of women have one or more risk factors for developing heart disease, yet only one in five American women believe that heart disease is her greatest health threat; and

**WHEREAS,** women comprise only 24 percent of participants in all heart-related studies; 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% of African American women and 34% of Hispanic women know that heart disease is their greatest health risk, compared with 65% of Caucasian women; and

**WHEREAS,** women involved with the American Heart Association's Go Red For Women® movement live healthier lives, and nearly ninety percent have made 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 health status and risk for diseases; and

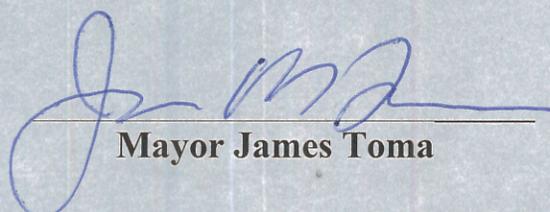
**WHEREAS,** Go Red For Women is asking all Americans to Go Red by wearing red and speaking red.

- *Get Your Numbers:* Ask your doctor to check your blood pressure, cholesterol and glucose.
- *Own Your Lifestyle:* Stop smoking, lose weight, be physically active and eat healthy.
- *Raise Your Voice:* Advocate for more women-related research and education.
- *Educate Your Family:* Make healthy food choices for you & your family. Teach your kids the importance of staying active.
- *Donate:* Show your support with a donation of time or money.

**NOW, THEREFORE, I James Toma, Mayor of the City of West Covina,** in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 5, 2016, to be National Wear Red Day® in West Covina, California, and urge all citizens to show their support for women and the fight against heart disease by commemorating this day by the wearing of 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.

On this 5<sup>th</sup> day of February, 2016



  
Mayor James Toma