

Town of Huntersville Proclamation

WHEREAS, Heart disease is the No. 1 killer of women yet, eighty percent of cardiac events can be prevented; and

WHEREAS, cardiovascular diseases cause one in three women's deaths each year, killing approximately one woman every minute; 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, since 1984, more women than men have died each year from heart disease; 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 43% of African American women and 44% of Hispanic women know that heart disease is their greatest health risk, compared with 60% of Caucasian women.

WHEREAS, women involved with the American Heart Association's Go Red For Women[®] movement live healthier lives, nearly 90% have made at least one healthy behavior change.

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

- *Get Your Numbers*: Ask your doctor to check your blood pressure and cholesterol.
- *Own Your Lifestyle*: Stop smoking, lose weight, exercise and eat healthy.
- *Raise Your Voice*: Advocate for more women-related research and education.
- *Educate Your Family*: Make healthy food choices for you and your family. Teach your kids the importance of staying active.
- *Don't be silent*: Tell every woman you know that heart disease is their No. 1 killer. Raise your voice at GoRedForWomen.org.

NOW, THEREFORE, I, Jill Swain, Mayor of the Town of Huntersville, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 6, 2015 to be

NATIONAL WEAR RED DAY[®]

in Huntersville, North Carolina 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.

IN WITNESS WHEREOF, I do hereby set my hand and cause the Seal of the Town to be affixed, this the 2nd day of February, 2015.