

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, 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 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, 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 BE IT RESOLVED that I, Jim Howell, Chairman of the Board of Sedgwick County Commissioners, do hereby proclaim Friday, February 5, 2015 to be

NATIONAL WEAR RED DAY®

In Sedgwick County 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.

February 3, 2016