

WHEREAS, Heart disease is the Number 1 killer of women yet, eighty percent of cardiac events can be prevented; and

WHEREAS, cardiovascular diseases cause one in three women's death each year, killing approximately one woman every minute; 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 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 number 1 killer. Raise your voice at GoRedForWomen.org.

NOW, THEREFORE BE IT RESOLVED that I, Richard Ranzau, Chairman of the Board of Sedgwick County Commissioners, do hereby proclaim Friday, February 6, 2015 as

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 every year.

February 4, 2015