

MEMORANDUM

TO: All Senators

FROM: Senator Christine Tartaglione and Senator Lisa Baker

DATE: 1/24/2019

SUBJECT: National Wear Red Day

In the near future, Senator Baker and I intend to introduce a resolution recognizing Friday, February 1, 2019, as “National Wear Red Day” in Pennsylvania. The intent of this resolution is to increase women’s heart health awareness and improve the lives of women around the world.

Heart disease is the leading cause of death among women and is deadlier than all other forms of cancer combined. Nearly 80 percent of cardiac events can be prevented, however, not enough women take the necessary steps to prevent, detect, and treat this disease. As a result, cardiovascular disease kills one woman every 80 seconds in the United States.

By recognizing National Wear Red Day in the Commonwealth, we can increase public awareness of cardiovascular disease and the risks it poses to women. If women are properly informed about the threat of this number-one killer, they can be more proactive about their heart health, minimizing the dangers of heart disease and stroke.

National Wear Red Day, and the American Heart Association’s Go Red for Women movement, encourages women to be aware of the five factors that can most significantly impact cardiovascular health. These are:

- Total Cholesterol
- HDL (good) Cholesterol
- Blood Pressure
- Blood Sugar
- Body Mass Index (BMI)

Please join us in sponsoring this important resolution, and urge all citizens of Pennsylvania to show their support for women in the fight against heart disease and stroke by wearing red on February 1st in support of this important cause.