



# *The City of Minneapolis*

## A RESOLUTION OF THE MAYOR & CITY COUNCIL

**Approving February 6th, 2015 to be recognized as NATIONAL WEAR RED DAY**

**in the City of Minneapolis**

**WHEREAS**, currently some 8 million women in the U.S. are living with heart disease, yet only one in six American women believes that heart disease is her greatest health threat; and

**WHEREAS**, 90 percent of women have one or more risk factors for developing heart disease; and

**WHEREAS**, 26 percent of women die within a year of suffering a heart attack – compared with 19 percent of men; and

**WHEREAS**, while one in 30 American women dies from breast cancer each year, one in three dies of cardiovascular disease; and

**WHEREAS**, cardiovascular disease claims the lives of over 419,000 American females each year, almost one death per minute; and

**WHEREAS**, only 43 percent of African American women and 44 percent of Hispanic women know that heart disease is their greatest health risk, compared with 60 percent of white women; and

**WHEREAS**, nearly as many women die of heart disease, stroke, and all other cardiovascular diseases than the next three leading causes of death combined, including all cancers; and

**WHEREAS**, only 16 percent of women surveyed in 2009 identified cardiovascular disease as the greatest health problem facing them; and

**WHEREAS**, in women, heart disease is too often a silent killer – less than a third of women in a recent survey reported any early warning signs such as chest pain or discomfort before a heart attack, compared with most men; and

**WHEREAS**, common symptoms for women included pain of the jaw, arm or back, but most reported a delay in seeking treatments after the symptoms began of anywhere from 15 minutes to two weeks; 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 the American Heart Association's national call to increase awareness about heart disease—the leading cause of death for women—and to inspire women to take charge of their heart health; and

**WHEREAS**, all women should learn their own personal risk for heart disease, using tools such as the American Heart Association's My Life Check, Go Red For Women® Heart CheckUp, Go Red For Women® Better U - and by talking to their healthcare provider; and

**WHEREAS**, making the right choices relating to proper nutrition, physical activity, and other healthy lifestyle choices are essential to living a heart healthy life; and

**WHEREAS**, the truth is: our lives are in our hands. We can stop our number one killer together by sharing the truth. We can be the difference between life and death.

**NOW, THEREFORE**, I Mayor Betty Hodges, 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 The City of Minneapolis 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, and lighting the 35 W Bridge 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 TESTIMONY WHEREOF**, I have hereunto set my hand and caused to be affixed the Great Seal of the City of Minneapolis this Sixth day of February 2015.

Passed, January 16, 2015

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Barbara Johnson, President of the Council

Approved:

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Betsy Hodges, Mayor

Attest:

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Casey Carl, City Clerk