



Allegheny County Council

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Title: Proclamation declaring Friday, February 1, 2019 to be National Wear Red Day in Allegheny County.

Sponsors: Cindy Kirk, All Members of Council

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Proclamation declaring Friday, February 1, 2019 to be ***National Wear Red Day*** in Allegheny County.

WHEREAS, cardiovascular diseases are the number one killer of women in the U.S.; and

WHEREAS, cardiovascular disease kills one woman almost every 80 seconds in the U.S.;

WHEREAS, about eighty percent of cardiovascular diseases may be prevented; and

WHEREAS, risk factors for heart disease such as blood pressure, smoking and cholesterol can be controlled; and

WHEREAS, women are encouraged to commit to making physical activity and healthy eating a priority to improve heart health; and

WHEREAS, the ***American Heart Association's Go Red for Women***[®] movement motivates women to learn their family history and to meet with a healthcare provider to determine their risk for cardiovascular diseases and stroke; and

WHEREAS, ***Go Red for Women*** encourages women to take charge of their heart health by knowing their total cholesterol, HDL (good) cholesterol, blood pressure, blood sugar and body mass index;

NOW THEREFORE, BE IT RESOLVED that I, Allegheny County Council Member Cindy Kirk and All Members of Council, do hereby declare Friday, February 1, 2019 to be ***National Wear Red Day*** in Allegheny County. We urge all citizens to show their support for women and the fight against heart disease by commemorating this day by wearing the color red. By increasing awareness, speaking out about heart disease, and empowering women to reduce their risk for cardiovascular diseases, we can save thousands of lives each year.

IN WITNESS WHEREOF , I have hereunto caused the Seal of the County of Allegheny to be affixed this 5th day of February 2019.