

RESOLUTION NO. RS2018-1006

A resolution designating Friday, February 2, 2018 as “National Wear Red Day” in the City of Nashville and marking the 15th Annual National Wear Red Day and the 15th year of the American Heart Association’s Go Red For Women Movement.

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, an estimated 44 million women in the U.S. are affected by cardiovascular diseases; 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 comprise only 24 percent of participants in all heart-related studies; 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, only 36% of African American women and 34% of Hispanic women know that heart disease is their greatest health risk, compared with 65% of Caucasian women; and

WHEREAS, women involved with the American Heart Association’s Go Red For Women[®] movement live healthier lives, and nearly ninety percent have made at least one healthy behavior change; and

WHEREAS, Go Red For Women encourages women to take charge of their health and schedule a Well-Woman visit to learn about health status and risk for diseases; and

WHEREAS, Go Red For Women is asking all Americans to Go Red by wearing red and speaking red; and

WHEREAS, Go Red For Women encourages women to take control of their heart health by taking the following actions:

1. Get Your Numbers: Ask your doctor to check your blood pressure, cholesterol and glucose.
2. Own Your Lifestyle: Stop smoking, lose weight, be physically active and eat healthy.
3. Raise Your Voice: Advocate for more women-related research and education.

4. Educate Your Family: Make healthy food choices for you and your family. Teach your kids the importance of staying active.
5. Donate: Show your support with a donation of time or money.

NOW, THEREFORE, BE IT RESOLVED BY THE COUNCIL OF THE METROPOLITAN GOVERNMENT OF NASHVILLE AND DAVIDSON COUNTY:

Section 1. The Metropolitan Council hereby goes on record as recognizing the importance of the ongoing fight against heart disease and stroke, and do hereby proclaim Friday, February 2, 2018 to be National Wear Red Day in Nashville and Davidson County, Tennessee, thereby urging 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 up about heart disease, and empowering women to reduce their risk for cardiovascular diseases and stroke, we can save thousands of lives each year.

Section 2. The Metropolitan Council Office is directed to prepare a copy of this Resolution to be presented to the Greater Southeast Affiliate of the American Heart Association.

Section 3. This Resolution shall take effect from and after its adoption, the welfare of the Metropolitan Government of Nashville and Davidson County requiring it.

INTRODUCED BY:

Erica Gilmore

Sheri Weiner

Kathleen Murphy

Members of Council